



Larger Police Presence Promised

HETHERSETT should see an increased police presence in the village under a new scheme being put forward.

Police officers will be more visible in local communities under a new scheme entitled “park, walk and talk” which will see them leaving their cars in a bid to make them more accessible within local communities. The scheme is the brainchild of Temporary Chief Constable Paul Sanford.

Hethersett’s new beat officer PC Stu Barnard is hoping to meet as many local people as possible in order to find out the main areas of concern in the village, although he already has a good idea.

PC Barnard has already held sessions on internet platforms and met local residents at Café Kin and is hoping to expand on these in the future.

“I want to talk to people about everyday matters—both the good and the bad—that affect their lives. I would like to break down barriers and be a part of the local community for old and young alike,” he said. PC Barnard is no



Hethersett’s new beat officer PC Stu Barnard above would like to hear from residents about their village concerns. Below PC Barnard and Inspector Dave Burke chat with therapist Andrew Cook at Rowan House.



stranger to beat work, having fulfilled a similar function in Costessey. Starting on page four we look at some of the village issues that PC Barnard has been made aware of.

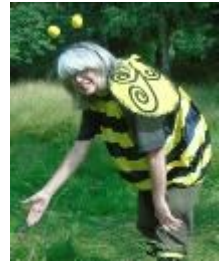
MAIN CONTENT



Stepping up the campaign for better facilities—Page 6



Hero Steve is a lifesaver—Page 11



Anne is a re-wilding queen bee. Page 18



Former pupils return to Old Hall School for a special picnic. Page 24



New flavour added to Home Farm Gin portfolio—Page 29.



Cricketers on course for promotion.

Page 22

Historic Hethersett—Page 36.

Sarah's World—Page 53.

Hethersett Heritage—Page 62.

News from the garden—Page 79

The September edition of Hethersett Herald will be available exclusively online at the end of August.

A Message From The Editor

Hello Everyone

I feel I'm beginning to sound like a broken record (mind you I'm not quite sure what a broken record sounds like).

I refer once again to the desperate need for improved medical facilities in Hethersett.

This has without doubt become the burning issue in the village this year with COVID putting unprecedented demands on the Humbleyard Practice.

We have moved on from discussing whether we really need improved facilities. Of course we do. But will we get them and what will be the fallout if we don't get the services we need and deserve?

You will read in this edition of Hethersett Herald about a group of councillors and other supporters who have written letters to the Health Secretary, NHS England and the MP for South Norfolk Richard Bacon.

I'm sure these letters have been written out of a sense of anger and frustration. We should all be angry that in this situation the horse has been put before the cart.

The necessary infrastructure should have been put in place before any large scale development was allowed to take place. But, as we all know, this is never the case.

Development is as much about money as providing new homes and

for developers this is the overriding *raison d'être*.

After I wrote a blog and also had an article published in the Eastern Daily Press newspaper, I received a number of comments from all over the world

on this situation and it isn't just the United Kingdom suffering from this *milaise*. I had comments from Australia, Canada and the USA all saying the same thing—new housing is being built with little or no consideration for infrastructure or improved services.

I would urge any local people who feel strongly about this issue to write to developers, to our Member of Parliament and to the parish and district council. The more we support the latest stance the more chance we have of affecting the situation.

Put simply we cannot go on like this and enough is enough. We cannot allow full scale development in our village without the necessary services to go with it. The powers that be need to realise this and, more than that, they need to do something positive about it and not just pay lip service to demands for improved services.

PETER



Hethersett—The Issues



COLD calling, Internet scams, anti-social behaviour, speeding, congestion caused by inconsiderate parking, the problem caused by the use of electronic scooters and road safety issues at school time are just some of the concerns that Hethersett's new police beat officer has become aware of.

"We are closely watching anti-social behaviour on the Memorial Field. Speeding will always be a problem and an issue in Hethersett. I will be out there with speed enforcement at peak times and will be supporting the work of the speedwatch team," PC Stu Barnard said.

As a matter of course, PC Barnard will park, walk and talk whenever possible.

"My aim is to be a more visible presence. I know the majority of people want to see us in the village. I want to get people's trust," he said. And PC Barnard will certainly be easy to spot in a bright yellow vest.

"Hethersett is a really friendly place with a friendly vibe. There are obviously challenges but it still has a village feel to it. I am looking forward to meeting as many people as possible and finding out more about the village," PC Barnard said.

In July, PC Barnard popped into Café Kin in Queen's Road along with Inspector Dave Burke who is our Local Policing Commander. The visit was intriguingly called "Cuppa with a Copper."

They chatted with residents and learnt further about local issues as well as providing a police presence in the village.

PC Barnard once again stated that tackling anti-social behaviour on Hethersett Memorial Playing Field will be one of the Police priorities and this could lead to more regular patrols in that area during the school and summer holidays.

A Presence In The Community

Temporary Chief Constable Paul Sanford outlined his plans in the local Media.

"I want to engage and connect with all our local communities to understand their concerns and, where issues are identified, work with those communities to provide solutions and prevent crime from happening in the first place."

"Over the coming months, officers will be encouraged to Park, Walk, Talk – parking up in our towns and villages, spending some time walking around the local community and talking to local residents.

"I want people to be able to approach our officers within their community and tell us what is happening in their local area," Mr Sanford told the media.

HOW TO CONTACT US

HETHERSETT & MULBARTON Safer Neighbourhood Team



A/Insp. Dave BURKE
Local Policing Commander

The Local Policing Commander is responsible for a group of Safer Neighbourhoods teams. The Inspector also works with our partners and communities to reduce crime in your neighbourhood and focus efforts on the priorities that matter to you.



101 Ext: 4151



David.Burke@norfolk.police.uk



PC Andy HUDSON
Engagement Officer

Your Engagement Officer is here to provide communications and updates regarding your neighbourhood as well as co-ordinate volunteers, specials, community speedwatch and / or cadets.

Contact them for local enquiries that affect your neighbourhood.



101 Ext: 2377



Andrew.Hudson@norfolk.police.uk



PC Stu BARNARD
Beat Manager

Your Beat Manager PC is here to engage with the local communities and work to solve local issues and priorities within your neighbourhood.

The Beat Manager's aim is to keep your neighbourhood as a safe place to live, work and visit.



101 Ext: 2386



Stuart.Barnard@norfolk.police.uk



SNTHethersett@norfolk.pnn.police.uk



/SouthNorfolkPolice



@SouthNorfPolice



NORFOLK
CONSTABULARY
Our Priority is You

Stepping Up The Campaign

HETHERSETT'S community is stepping up its efforts for improved medical services for the village after claims that the Humbleyard Practice is at crisis point.

District and parish councillors representing Hethersett have written to Health Secretary Sajid Javid, South Norfolk MP Richard Bacon and NHS England asking for action to be taken to provide additional medical facilities to meet the increased demand and pressure on services in the village.

The letters, which are signed by Hethersett's three district councillors, Philip Hardy (pictured top right), Adrian Dearnley (pictured bottom right) and David Bills; Hethersett Parish Council chairman Adrienne Quinlan; Samantha England from Hethersett Hearts Community Group and Nigel Legg, South Norfolk Councillor representing Mulbarton, include an impassioned plea for support and action to solve what it sees as an ongoing problem.

The letter to the health secretary states:

"We have grave concerns about Humbleyard Practice's ability to cope with service levels at present and more housing development is on its way to the village. We would welcome your assistance with resolving this matter in your capacity as Health Secretary. A further 200 homes are currently being considered in Hethersett where Humbleyard Practice is currently struggling. Please help resolve these serious issues without delay."

The letter points out that the practice,



which covers Hethersett, Cringleford and Mulbarton, has already admitted that it is unable to cope with current demands.

“Dr Siobhan Rowe of the Practice made a Facebook plea for residents not to contact them unless it is absolutely necessary and, despite many efficient changes made to booking appointments online in response to the pandemic, they are simply unable to cope. They were not coping in December 2019 before the pandemic began let alone now with the vaccination programme being rolled out. Staff morale and wellbeing is low and stress levels are high due to the sheer volume of enquiries every day.

“The Practice is already over-subscribed by 1,500 patients and more housing development is on the way. Previous discussions with developers have been to no avail for reasons including lack of NHS funding, although a new doctors’ surgery was included in the 2013 Hethersett North development, only for it to be taken out later.

“Hethersett surgery is simply not large enough to cope with how quickly the village has expanded in terms of population and, even though developer contributions are made to NHS England when new development is approved by South Norfolk Council, the money has not been spent on improving Hethersett provision and the staff there are struggling. Every clinical room is full every day and staff are under enormous pressure. We are also aware that they struggle to recruit new staff and retain existing staff,” the letter states.

It also points out the inadequacy of the

current surgery in Great Melton Road. The councillors have met with developers Taylor Wimpey and Persimmon Homes in an attempt to identify a suitably sized and located piece of land for a new surgery: “Meetings are continuing and we would

welcome all the help you can give us in resolving this situation so our residents do not suffer an even poorer level of service than at present if more housing is approved,” the letter continues.

“They have advised they cannot simply convert existing buildings such as Woodside First School which is no longer in use but would require a new build.”

The letter concludes with an impassioned plea: “We would ask you urgently and without delay to address this issue because if the 200 extra homes in Hethersett are approved then Hethersett Surgery will buckle under the additional pressure and existing Hethersett residents will suffer in terms of service provision as a result.”

The Hethersett practice has written to the NHS’ Clinical Commissioning Group to express what it claims is the



Hethersett Parish Council Chairman Adrienne Quinlan who has signed a letter to the Health Secretary on behalf of the council.



Letters have been sent from Hethersett to MP for South Norfolk Rochard Bacon (above left) and Health Secretary Sajid Javed (above right)

the practice cannot fund it. "We are going round in circles. The practice is currently oversubscribed and is coping as well as it can but we have a problem in the village and how we manage the situation. I want the village to know we are trying to do something. The practice is in a dire situation at the moment," she said.

Councillor Samantha England who is one of the signatories on the letter in her role with

lack of insight and support over the last 10 years in planning primary care services for residents in areas of large residential developments.

Hethersett Hearts, urged everyone to keep up the pressure "in the hope that common sense will prevail one day.

Hethersett Parish Council's latest meeting heard that a senior member of the practice's medical staff has gone off long term sick.

District Councillor Adrian Dearnley said he felt "the horse bolted five years ago" and that ultimately it is NHS England's responsibility.

Parish council chairman Adrienne Quinlan voiced her concern at the current situation:

"We must keep the pressure on," he said.

"The only people who can fund it are NHS England and they don't seem to want to. We need a bigger doctors' surgery but we are in a cleft stick as

But he did sound a note of optimism: "I think something will happen, but it is a question of how long it will take."

You can read a copy of the letter sent to the Health Secretary on the next page.



Dale Evans at the Willows

Advanced Beauty Clinic

The Willows, Hethersett, NR9 3JY

Tel. 07921367910

info@daleevans.co.uk

www.daleevans.co.uk

By Appointment Only

@daleevansbeauty

Dear Sajid,

We are writing to you to express our very serious concerns over both capacity and service level issues which Humbleyard Practice is experiencing in Richard Bacon MP's South Norfolk constituency. Dr Siobhan Rowe of the Practice made a Facebook plea for residents not to contact them unless it is absolutely necessary and, despite many efficient changes made to booking appointments online in response to the pandemic, they are simply unable to cope. They were not coping in December 2019 before the pandemic began let alone now with the vaccination programme being rolled out. Staff morale and wellbeing is low and stress levels are high due to the sheer volume of enquiries every day and we really must do everything we can as Public Sector representatives to find a solution.

We have spoken with the Practice in online meetings to express our concerns and offer our help where we can and they have themselves written to CCG to express the lack of insight and support over the last 10 years by PCT/CCG in planning primary care services for residents in areas of large residential developments. The Practice is already over-subscribed by 1,500 patients and more housing development - an extra 200 homes is currently being considered in Hethersett - is on the way. Previous discussions with developers have been to no avail for reasons including lack of NHS funding, although a new doctors' surgery was included in the 2013 Hethersett North development, only for it to be taken out of scope later.

The size of the Hethersett surgery is simply not large enough to cope with how quickly the village has expanded in terms of population and, even though developer contributions are made to NHS England when new development is approved by South Norfolk Council, the money has not been spent on improving Hethersett provision and the staff there are struggling. Every clinical room is full every day and staff are under enormous pressure. We are also aware that they struggle to recruit new staff and retain existing staff. They have advised they cannot simply convert existing buildings such as Woodside First school which is no longer in use but would require a new build. We would ask you urgently and without delay to address this issue because if the 200 extra homes in Hethersett are approved - the application is currently being considered - then Hethersett Surgery has advised it will buckle under the additional pressure and existing Hethersett residents will suffer in terms of service provision as a result.

We have met with developers Taylor Wimpey and Persimmon Homes now and we are trying to see if we can find a suitably sized and located piece of land for a new doctors' surgery if we all work together. Meetings are continuing and we would welcome all the help you can give us in resolving this situation so our residents do not suffer an even poorer level of service than at present if more housing is approved. We look forward to hearing from you.

Yours sincerely,

Councillor Phil Hardy, Hethersett South Norfolk District Councillor

Adrienne Quinlan, Hethersett Parish Council Chairman

Councillor Adrian Dearnley, Hethersett South Norfolk District Councillor

Councillor David Bills, Hethersett South Norfolk District Councillor

Councillor Nigel Legg, Mulbarton South Norfolk District Councillor

Samantha England, Hethersett Hearts Community Group and Parish Councillor

What the Public Think

By Peter Steward

Publicity on thee health issue produced a considerable number of comments on both my personal blog and the EDP website.

The following comments are just some of those received:

“When we came to village in 1982 the population was around a few hundred. It’s now a few thousand and the number of GPs has not increased proportionally. Take into account similar expansion stories for Cringleford and Mulbarton and logic dictates it is a big problem. I also hear that GPs themselves are dwindling in numbers in the UK. Will better facilities be enough to reverse trends and create the improvements in service people need? The reality for the residents is probably the application of “He who shouts loudest” if we want to assist our hard pressed practices. “

Others were shorter and more to the point:

“It’s beyond ridiculous now,”

“I’ve been here 12 years and now it’s almost impossible to get an appointment even more so now short staffed thru illness.”

“Something NEEDS to be done to provide a health service to Hethersett.”

The latest round of publicity co-incides with news that the Greater Norwich Plan is looking at another 1300 houses for Hethersett as part of 50,000 more homes in the Greater Norwich area.

The plan looks at building in Norwich, Broadland and South Norfolk over the next two decades. South Norfolk Council has approved the plans which will now be submitted to the secretary of state for housing.

B1172 Night Closure

PART of the B1172 will be closed for 16 nights in August for electrical cable work.

The work will take place between 8 pm and 6 am from 16th to 31st August. The B1172 will be closed from its junction with the A11 for 200m metres southwards.



Hero Steve Is A Life Saver

IN the previous edition of Hethersett Herald, we carried a tribute feature for John Mountain who lived in the village and was known as Magic Mountain because of his ability to take things apart and put them back together again.

That article quoted John's stepson Steve Maddams. A few days later, Steve hit the headlines himself when he became a hero after saving the life of a nine-year-old boy.

Kayleigh Hurren had picked up her son Archie from Robert Kett Primary School in Wymondham. She stopped at a garage where Archie choked on a sweet. Kayleigh shouted for help. Luckily Steve, a volunteer with the Norfolk Accident Rescue Service, was just leaving the garage shop and was able to dislodge the sweet. His quick actions almost certainly saved Archie's life as Kayleigh said on Facebook:

"I had an experience that no parent should ever have to go through... pulled up to the petrol station and as I was about to get out Archie went rigid and turned completely blue. He was choking on a sweet... it was completely lodged... I went into complete panic mode, hitting his back but nothing was working... I saw a man coming out of the shop and I screamed for his help... I stood and watched shaking and helpless as this man threw his crisps and ice cream to the floor and proceeded to save my son's life before my very eyes... turns out this angel of a man happened to work for NARS- Norfolk Accident Rescue Service... an ambulance arrived within minutes and the air ambulance soon followed... had it of

been a few seconds later and I got out of that car to go in the shop or had Steve not decided to fill up his car and get his snacks then I could have lost my son today... I will never know how to thank that man for his quick response, lack of panic and complete support he showed me throughout the whole thing... you saved Archie's life today and I will forever be in your debt... huge thanks to the ambulance workers and the air ambulance... please please hug your little ones that little bit tighter tonight because just like that they can be taken away from you."

Postie Bows Out With Praise

WHEN much loved postie Taylor Deacon announced that he was leaving, he was inundated with presents and good wishes from grateful Hethersett residents.

Taylor wrote about his appreciation of the community he has been serving on the All Things Hethersett Facebook page:

"As you may be aware today was my last day as a Postie. Thank you to all for the kind messages and gifts today.

"It's been a fantastic job for the last year, when, during a terrible and uncertain period for all, I become part of a wonderful community where I felt valued and welcomed! That does come down to all the residents of this lovely village and I will miss the conversations, laughs and stories with all.

"I embark on a new venture but will remember Hethersett with great warmth and pride. Who knows you may see me around again."

Comments received showed just how appreciated Taylor was. They included:

"It was always a pleasure to chat with you."

"Awww very sad to hear this but thank you so much for your hard work over the last year. Through sun, rain and snow, you've always had a smile on your face."

"Good luck. You've been brilliant. Best wishes for the future. You are a breath of fresh air!"

"Hi, thanks for being such a wonderful postie. You really have helped keep us all sane. I've enjoyed the chats."

"Good luck we shall miss that happy smiling face and thank you."



Hawks Home In On Success

HETHERSETT Hawks/Yellow Brick Mortgages met with success as six of their riders took part in the British Club Championships in Suffolk.

Hawks contested four of the seven categories, achieving medals in two events and coming third overall in the championship to record their best ever performance.

However, it should be noted that four clubs, including reigning champions Poole, had to withdraw at the last minute due either directly or indirectly to COVID isolation situations. While that was a shame for the event, it did open up opportunities for the young Hawks, four of whom had not raced outside Norfolk before yet alone in a British event.

The racing was at Great Blakenham and first up were the Under-14s. After a 7-3 reverse against eventual unbeaten winners Kesgrave, Mason Martin went on to win four of his races and was unlucky to clip a wheel in another, suffering a heavy fall. Under-14 level racing on the big and fast circuit was a step up for Aiesha Musa and Will Clarke but they received plaudits from referee Kevin Wells afterwards for their efforts in finishing joint fourth - Kesgrave 42, Norwich 34, Ipswich 30, Coventry A 30, Hethersett 26, Coventry



B 26, Hellingly 22. Hethersett scorers— M. Martin 19, A. Musa 4, W. Clarke 3.

Next on track were the Juniors - a three club affair against Suffolk sides Ipswich and Kesgrave. Paul Delaiche was still

carrying an injury and was not at his best but he did create an opening for McKenzie Loombe against Ipswich, his second place being the only points Ipswich dropped..

Ipswich 27, Kesgrave 20, Hethersett 13. Hethersett scorers—M. Loombe 7, P. Delaiche 6 picking up bronze medals.

Just as the Under-12s took to the track to warm-up, rain from the fringes of a thunderstorm started to fall and ironically ended immediately the match finished. This made conditions even more difficult for the young Hawks who got into some good positions but inexperience on larger tracks saw them fade. The experience will help them on a long learning curve.

Kesgrave A 27, Kesgrave B 24, Norwich 19, Hethersett 15, Great .Blakenham 12. Hethersett -A. Musa 6, W. Clarke 6, T. Silver 3.

Racing switched to Ipswich and the Hawks were in the Under-16s with Mason Martin again impressing against Ipswich while Kesgrave remained unbeaten. Mckenzie Loombe continues to look a more confident rider too.

Kesgrave 28, Ipswich 17, Hethersett 15. Hethersett—M.Martin 10, M.Loombe 5 picking up bronze medals.

So overall after points awarded for all seven categories, Kesgrave were crowned club champions followed by Ipswich and Hethersett.

Meanwhile in Leicester, Leigh Cossey and Craig Norton won their semi-final



Words by Mel Perkins MBE
Photographs by Jenny Melvin

in the Will Burns Memorial Pairs and almost made it onto the podium in the final finishing one point behind the teams in second and third places.

More Hawks news over the page.

HAWKS finally got back into regional league racing after 21 months when they raced at Eaton Park against Norwich Stars in the new South East Combination League. With top riders unavailable, it was always going to be a difficult start but, with Ben Loombe winning five of his six starts and son McKenzie impressing too, they were able to contain the home side.



Paul Delaiche worked some good positions with experienced partner Katie Adams to keep the Hawks in contention. A 7-3 win by Paul and Ben in the penultimate heat brought the Hawks to within four points but the same pair were unable to repeat that in the final heat as the home riders settled for a 5-5 draw and overall victory. Gareth Mott made his competitive debut.



NORWICH 82 HETHERSETT 78.
 Hethersett scorers—Ben Loombe 22+1, Paul Delaiche 17+1, McKenzie Loombe 15+2, Rod Burke 8, Aiesha Musa 6+1, Katie Adams 5+1, Gareth Mott 3, Will Clarke 2.

The Hawks' Youth team finally got their chance to compete at regional level with McKenzie Loombe again on form, winning three races, and there was also a win for Will Clarke in heat 12. The Norwich side had much more team experience and were able to create opportunities to progress the scores but the Hawks are learning fast. Louis Marling made his team debut as a substitute.



NORWICH U16 74 HETHERSETT U16 56. Hethersett scorers—McKenzie Loombe 14+1, Will Clarke 11, Luca El Labany 10, Aiesha Musa 9, Thalia Silver 3+1, Jamal Musa 3+1, Louis Marling 3+1, James Hankey 3.

Unavailability Hampers Hawks

HAWKS travelled to Ipswich for South East League fixtures and were again impacted by late call-offs and leading riders being unavailable. In the Combination League fixture they filled the gaps with ex-youth rider Daniel Martin, who was on leave from the army, and some of the inexperienced youth team.

Even though Ipswich left out some leading riders they were still too strong for the Hawks. Leigh Cossey played his part by taking three quick rides before dashing off to Essex for a night shift. There were a couple of consolation heat wins near the end but the scoreline was a true reflection of Ipswich's domination.

IPSWICH 102 HETHERSETT 56.
Hethersett scorers—Paul Delaiche 9, Daniel Martin 9, Leigh Cossey 8, Mason Martin 8, Lola Martin 7+1,

James Hankey 6. Thalia Silver 5, Rod Burke 4.

For the Youth League match the Hawks were again missing three of their stronger riders but Ipswich were also struggling and had only four riders. They borrowed a couple of Hethersett riders to make a match with full teams and, once the points scored by them were adjusted, Ipswich's reduced team still did enough to win 63-58. Mason Martin won a couple of races and assisted home Thalia Silver to a 7-3 win while Luca El Labany was well in contention in his races. Matthew Sidell made his team debut.

IPSWICH U16 63 HETHERSETT U16 58. Hethersett scorers—Mason Martin 15+1, Luca El Labany 11, Thalia Silver 10+1, Ronnie Harding 9, James Hankey 7+1, Matthew Sidell 6+2.

HAWKS were frustrated again in their attempt to reintroduce team racing to the Memorial Playing Field track for the first time since 2019.

The rearranged Norfolk League fixture, previously postponed by bad weather in June, was postponed by Norwich Stars, who could not raise a youth team due to a variety of reasons including isolation, injury and holidays. The Hawks will now have to wait for August 8th when they entertain Ipswich in their next South East League fixture.

News From the Memorial Playing Field

By Mel Perkins MBE

The Trustees have employed the services of a security company to lock and unlock the gate and provide twice-daily checks. The gates will be locked around 8 pm each evening.

Following lifting of restrictions, the table tennis equipment will now be put back out for community use.

Residents are reminded that the non-turf cricket wicket and equipment are available for hire.

Dementia Support Group to Re-Start

HETHERSETT Dementia Support Group is preparing to re-open now that COVID restrictions are being relaxed.

The group is just one of many in the village which are looking to re-launch in the near future.

The group is planning to officially re-start in September. It meets twice monthly on the first and third Tuesdays.

The first Tuesday is an informal meeting for coffee and chat and the third Tuesday is more structured with talks, presentations, games and film shows.

“Anyone is welcome to join us and not just those living with dementia. We welcome people who are lonely or who just want to chat over a cup of coffee. Everyone is welcome,” said group chairman David Bills. If you would like more information about the group please contact David Bills on 01603 813041

HETHERSETT Herald began life as Hethersett Online in November, 2015, and has been produced monthly ever since.

The first edition ran to just 12 pages and had as its main story the theft of lead from the roof of Hethersett Parish Church.

Originally the publication was just called Hethersett Online but later changed its title to Hethersett Herald in May, 2016, with edition seven and we have been going from strength to strength ever since.

You can read back copies of Hethersett Herald by going to www.hethersettherald.weebly.com

Re-Wilding Afternoon on the Meadow



WHEN it comes to re-wilding, Hethersett environmentalists are certainly grasping the nettle, literally.

Areas of the village are being designated and set aside for re-wilding with the plans receiving the backing of Hethersett Parish Council.

These include Rectory Meadow opposite the parish church, areas around the village sign and a margin of land around Hethersett Village Hall.

On Sunday, July 25th, residents were able to find out about re-wilding plans in the village with a re-wilding afternoon on Rectory Meadow where they were able to hunt for wild flowers and insects.

Dr Anne Edwards aka Betty The Bee in Rectory Meadow, Hethersett.

“The idea is to encourage wildlife and insect life by creating the right habitat to improve the environment. This will gather carbon dioxide and release oxygen,” said leading Hethersett environmentalist and parish councillor Dr Anne Edwards.

Dr Edwards appealed for volunteers to help with the re-wilding which she underlined is not just about leaving things to grow. The meadows will be cut by South Norfolk Council in April or May and then allowed to prosper until an Autumn cut in September.

“I would urge everyone to take a close look at the life that is benefiting from re-wilding and think less about an area looking tidy and embrace the natural life that exists amongst long grass,” she said.

“If we get volunteers to help with cutting and raking at the end of the season the idea will really be gathering momentum,” said Dr Edwards who was dressed as Betty the Bee for the afternoon.

Those attending the event in Rectory Meadow were able to spot Meadow Brown, Gatekeeper, Large Whites and Red Admiral butterflies along with Pyramid and Bee Orchids, clovers and selfheal

Fellow environmentalist and parish councillor Bridget Williamson told the July parish council meeting that re-wilding meadows need careful management and shouldn't just be allowed to grow “We must do what we can for wildlife,” she said.

Council chairman Adrienne Quinlan said that if re-wilding is carried out in a sympathetic way villagers would be “carried with it.”

Notices will be placed around re-wilding areas with the following words: “South Norfolk

Council and Hetherset Parish Council are working to improve the biodiversity of some of the open spaces in Hetherset. This area of grass is being left uncut to allow the wildflowers to flower and set seed. The area will be cut in August and raked off to improve the diversity of the grassland.”

Pictures below are of the area around the village sign and Rectory Meadow.





Sue Says An Emotional Farewell

A MUCH loved member of staff at Park Farm Hotel, Hethersett, has left the venue after over 21 years.

Sue Dedman described her last day as “very emotional.”

“What an emotional day, my last shift at Park Farm Hotel after 21 1/2 years. I am so lucky to have met so many amazing people and been privileged to have organised so many beautiful weddings and events. I will miss everyone so much,” she said.



“Thank you to all the staff and management I have worked with over the years, some of who have become very special friends,” she added.

Identifying That Beaming Smile



By Peter Steward

ALMOST six years ago a major sporting event zoomed through Hethersett in the shape of a stage of the Tour of Britain cycle race.

It took less than a minute for some of the best riders in the world to pass through and out towards Great Melton. Roads in the village were lined with spectators. As usual I was out with my camera to capture some of the action.

When I downloaded my pictures later in the day, I was taken by one particular image of a rider that looked straight at my camera and gave me a beaming smile. I tried to find out his name with little success. I compared photographs of the top riders and tried to work out from his colours. But again no success.

That is until resident Sarah Nash offered her help and identified the rider as Xandro Meurisse from Belgium who was 23 years old at the time. Meurisse has won a number of top cycle races.

It's nice at last to be able to put a name to the man with a smile.



Table Toppers

A FANTASTIC run of seven consecutive victories has taken Hethersett and Tas Valley to the brink of promotion from Division One of the Norfolk Alliance.

A comfortable victory over Topcroft on July 24th made it a magic seven for the team as they consolidated their position in second place and set up a mouth-watering match against leaders Bradfield at Bradfield on the last day of the month.

The Norfolk Alliance has changed the way points are distributed to compensate for matches that teams have had called off through COVID.

League positions are now being worked out on points average from games played rather than just straight points totals.

After the games on July 24th the leading positions in Division One were as shown opposite.

The first team's results in July are as follows: 3rd—beat Thetford by 50 runs; 10th— beat Horsford Seconds by 91 runs; 17th—beat Swardeston Seconds by 146 runs; 24th— beat Topcroft by 75 runs.

Fixtures for August are—7th away to Lowestoft; 14th home to Downham Stow;

Bradfield

Hethersett

Thetford

Hethersett On Course For Promotion



Two batsmen in top form are Hethersett captain Ben France above and Ian Bryce below. France put in a stunning show in the win over Swardeston Seconds hitting an unbeaten 130 and the taking four wickets for 17 runs. In the same game Bryce hit



	Played	Points	Average
Bradfield	13	215	21.50
Hethersett	13	212	19.27
Thetford	13	212	16.31

21st away to Sprowston.

The second team is currently seventh in the Norfolk Alliance fourth division.

The team also runs two sides in the Saturday Norfolk League, a Sunday side and numerous midweek sides in cup competitions.

Fun Game Was a Money Raiser

MEMBERS of the local surgery enjoyed some much needed rest and recuperation with an impromptu game of cricket on the artificial strip on Hethersett Memorial Playing Field.

And it was all in a good cause. Kind hearted members of staff also took the opportunity to help the local community by raising money for the new proposed pavilion.

The group set-up a crowd funding page and at the time of going to press were approaching their target of £200.

Before the match, organiser John Bakewell explained the idea behind the game: "Members of the local surgery are playing a game of cricket as a bit of well earned R and R. Not to waste the opportunity to help the local community they're raising money for the new Memorial playing field pavilion."

Their aim is to raise £200 and at the time of going to press they had already raised £165 of that. You can find the page at

<https://www.justgiving.com/crowdfunding/gpcommunity>.

John Bakewell who is a paramedic practitioner at the Humbleyard Practice said:

"The new planned community hub and sports pavilion will be a superb focal point for the local community, providing a welcome space for sporting and non sporting groups alike. From new family groups to dog walkers, footballers, cyclists, community groups or just a central meeting point, the local GP practice has taken the initiative to do its bit to support the soon to be launched, local Parish Council fundraising drive by having their own little event at the Memorial Playing field."

After the game John said: "We had a Great Fun game of cricket today. Proud to have made a contribution towards the new pavilion."

Back To School On A Saturday



Chief Inspector Keith Philpot of Norfolk Police with organisers of the reunion picnic.

A LASTING partnership and legacy between the future and the past has been created at a former Hethersett school which is now a training centre for Norfolk Police.

On July 24th, over 100 former pupils and staff at Hethersett Old Hall School came together to reminisce and enjoy a picnic in the grounds.

The school closed suddenly in 2019 with the building and surrounding land eventually being bought by the county's police force.

Since then the police and former pupils have been working together to ensure that the history of the buildings and its people are remembered for all time.

"We hope that we make you proud in years to come by continuing the legacy left by the school. Hopefully we will show you that the buildings are in good hands.



“Over the past 18 months I have met some wonderful people and it is our privilege to be the new custodians of the school,” said Chief Inspector Keith Philpot.

Joint organisers Sarah Atkins and Vicky Owen welcomed everyone back to the grounds with regular tours of parts of the complex taking place throughout the afternoon.

The school has wasted nothing from the past as Vicky Owen explained:

“We have re-cycled and re-used uniform, given cricket kit to Garboldisham Cricket Club for their youth teams, given swimming costumes to Waveney Swimming Club for families to keep our motto of support, love and generosity alive. It has been great to have the chance to give to others.”

In addition full uniforms from the various school eras have been donated to the Victoria and Albert Museum in London.

“It was extremely sad that the school had to close but it is great to think that it will be used to train and educate others to serve the country,” Vicky added.

Chief Inspector Philpot explained the journey the Police had been on to find suitable training facilities. “We had a sorry set of training facilities in police headquarters and, in late 2018, I started looking for somewhere where we could promote our learning to become a centre for excellence in public service in Norfolk.





“I looked at 20 buildings including schools and industrial premises and I had no idea that Old Hall School was becoming available. Then somebody told me it might be closing. I was sad to hear that but it provided a golden opportunity for the Police.

“The site was looking very sorry for itself and there were quite a few things left. We made sure nothing was wasted and 42 schools benefitted from receiving books, craft materials and other things. We were able to set-up two new school libraries and delivered 34 pack-up kits to children in need during lockdown. What

a legacy you folks have given to schools for the future,” Chief Inspector Philpot said, adding that on the Saturday of the picnic the site had provided training sessions on subjects as varied as conflict management, law and the use of drones.

Much work still has to be done on the site, but it is already giving training to up to 100 police officers every day. He outlined plans to provide a welfare centre for public sector workers in the county.

“We want to work with charities and partnership agencies to help make Norfolk a wonderful place in which to live and work,” he said.

“We are still at a very early stage but we have had 16 months of hard work with major sewage work, two incidents of flooding and various infestations. Nevertheless this is a fantastic site and the soul of what you have left here is still very much in being,” Chief Inspector Philpot said, adding that the centre would continue to feature the heritage of the school alongside the police.

“I hope we do you proud in years to come. We want to continue the legacy.

“Photographs of our student officer awards will go alongside historic photos of school awards,” he added.

Pictured at the top of the page is joint organiser Sarah Atkins and on the right is Chief Inspector Keith Philpott.



A Special Day For Former Principal

IT was a special day for former Principal Victoria Redington who has been honoured by having a classroom in the new training complex named after her.

Classrooms are being named after people or organisations with either a strong school, village or police connection.

Another classroom is being named after the Wulugu Project which works in North Ghana to tackle poverty through education. The project had a close relationship with the school through former teacher and Wulugu founder Lynne Symonds (pictured bottom left).

“In the past 12 months we have got clean water to 350,000 people at a cost of just 40p per person. We hope very shortly to be able to go back to building schools,” Lynne Symonds said.



A third classroom will be named after former Norfolk Chief Constable Ken Williams who was instrumental in overseeing the police's move from its former home at County Hall to a new headquarters at Wymondham.



In the top picture Vic Redington unveils the plaque that will be placed on the classroom dedicated to her. Looking on is Chief Inspector Keith Philpot. The middle shows a close-up of the plaque. The bottom photo shows Mei Lin Layton who was at the school from 1981 until 1992 and is in the old photograph with Mrs Redington. Mrs Layton and her family made the trip from Wiltshire for the day.

Gin a Go Go—Building A Go Go

We return to Home Farm Gin in Ketteringham Lane, Hethersett, to discuss their latest flavour and see how building work is going on.

By Peter Steward

ON the surface, Pineapple and Black Pepper seem to be strange bedfellows.

But that hasn't put Home Farm Gin putting them together for their latest tittle.

The new Pineapple and Black Pepper gin joins its stablemates London Dry, Strawberry and Mint and Raspberry in the Home Farm portfolio.

Mixologist Nev Leverett hit upon the idea of pineapple and black pepper after discussing it with a friend and he was delighted with the result which, as I found out, is very smooth and only has hints of the ingredients.

It's been a busy time for the duo—Nev and Paul— at Home Farm as their output continues to increase as Nev explained:

“Our aim was to produce up to 1,000 units a month and we are up to 700.”

And Home Farm gin is finding its way into more and more outlets, particularly in garden centres, farm shops and the like. The gin has also been on display at craft fairs, farmers' markets and a food and drink event at the Royal Norfolk Showground. On July 24th, Home Farm gin was featured at an event at the Cellar House in Eaton.

In November, Home Farm gin will be featured in a pop up shop in Norwich's



Home Farm Gin has added a new flavour to its portfolio with the launch of pineapple and black pepper.

Royal Arcade along with Norfolk Rum. Members of the public will have the chance to sample all four Home Farm gins over a period of a month. In addition, plans to develop an old barn into a bar and tasting room have started and should be complete in between two and three months' time.

The original beams of the building, which goes back about 200 years, have been retained as our photographs over the page show.

The duo have already started tasting

evenings with up to six people at any one time. The evening includes tasting of all four gins, making of cocktails and then a double of each person's favourite gin from the Home Farm range.

Nev (pictured opposite at Home Farm) is a qualified cocktail mixologist, having trained in Las Vegas and he shared with Hethersett Herald the secret of making a good Clover Club cocktail which is one of the two guests make, a White Lady being the other.

Nev said he is very pleased with the way things are going now that lockdown restrictions have been relaxed but admits that thing could have been rather sticky had



another lockdown been announced.



Above and below—work in progress on the barn which will be used for tasting events. More photos on the next page.



Nev's Clover Club Cocktail



Ingredients—a two ounce measure of Home Farm strawberry and mint gin, 3/4 oz of lemon juice, strawberry puree, mint leaves and a large egg white.

Method—Add the contents together along with mint leaves in a cocktail shaker and give a good vigorous shake.

Add ice to the mixture and shake again to froth up the egg white. Add more ice and another shake. Strain the mixture in a Martini glass and garnish with mint leaves.



Wonky Wheels On A Straight Course

Associate Editor Hannah Baldry gets back on her bike

I'M still coming across Hethersett residents who haven't heard of Wonky Wheels, which prompted me to tell you all about them, who they are and what they do.

Wonky Wheels, whose workshop is in a small space next to the cycle speedway track on the Memorial Playing Field, has the aim of getting our community out on their bikes and often. Not only do they go on regular, inclusive bike rides, they also offer free workshops to show people how to perform general maintenance on their bicycles. Also

confidence sessions and they even provide people with their own bikes should they not already have one (or like me, has one that's a bit old and needed a lot of work).

If you're not an enthusiastic cyclist then this probably won't appeal to you too much immediately, which it didn't to me, until I needed their help. My five year old daughter and I met up with Russ Marling, project leader of Wonky Wheels, to have a quick chat about what they do and to have a look at my bike that someone kindly gave me last year. There were numerous problems with the bike, nothing that couldn't be sorted, but there were already some refurbished bikes that were ready to go, so I simply swapped it out with another! I was taught the basics of the bike, because surprisingly, being able to pedal the bike isn't all you need to know.

I was then invited out on the group



A bus stop in more ways than one.

bike ride a week or so later, which did wonders for my confidence. It was just me, Sarah and Russ, so quite an intimate ride where I was helped with basic road safety and general cycling advice on the way round Hethersett and the surrounding areas.

They encouraged me to come back the next week to join in a longer ride (17 miles!) which I was weary of but my goodness am I glad I went. There were eight of us altogether and every single person was welcoming and kind. It's a



really inclusive group of people, ranging in ages and abilities, some with regular bikes and some with e-bikes. Not only that, every group ride incorporates a coffee and cake stop!

The first week I joined, we went to Café Kin cafe at Rowan House in Hethersett, where I was treated to the best sausage roll on the planet and an iced coffee, then Blakey's the bus cafe on the second ride, which is a converted double decker bus.

We sat outside and I had another iced coffee and a slice of red velvet cake, it was lovely!

Perhaps I won't have such a slab of cake again when I've got eight miles left to cycle afterwards, we'll see! Wonky Wheels has been instrumental in helping me get into cycling, which in turn will help my daughter too.

I feel like I've got some independence and it may even help me with getting into employment/self employment. As for the bike rides, it's really helping me with the social aspect of life and getting myself out there. It isn't intimidating like I thought it might be, everyone is accommodating and it simply doesn't matter if you're not the speediest cyclist or the most experienced, all abilities are more than welcome. Russ Marling has written the below for us to share with you.

"Wonky Wheels Bicycle Workshop in Hethersett launched in June after a successful crowdfunding campaign, which was part of the Aviva Community fund. The social enterprise, which is backed by the Hethersett Memorial Playing field Trust



A group ride

and led by the Hethersett Hawks, is aimed at encouraging community members of all ages and abilities to get into cycling.

"Originating from an idea that Mel Perkins MBE had, where he wanted to be able to teach children how to look after their bikes, a small group of residents set about drawing up a plan to make this idea a reality. Instead of just focussing on helping children, they decided to offer an initiative the whole community could benefit from.

"The not-for-profit workshop provides free basic maintenance courses, group

led novice rides and access to tools and equipment for local community members to learn how to keep their bike in good health and be safe on their cycling adventures. They also accept donations of bikes from people who may have one sitting around they no longer use. These bikes are safety checked, repaired and then made available to community members on a 'donate what you can' basis. This allows people who may have barriers stopping them from cycling, access a bike. This is completely volunteer led,



“Wonky Wheels now has 10 volunteers offering their time to fix up bikes, lead rides and teach people the basics of bike maintenance. For the volunteers, it’s just as much a social outlet as it is a cycling one. We have volunteers ranging from no experience to years of experience in the cycling industry. A big goal of the workshop is to provide community connectedness. Recently, Wonky Wheels has partnered with Cycling UK to become an affiliated community cycle club (CCC) and big bike revival provider. Cycling UK’s focus is to provide support for new and returning riders. The activities that Wonky Wheels provide, such as confidence building sessions, short group led rides, repair sessions and maintenance teaching are a perfect fit to achieve this.

“The idea of the CCC is to get people on their bikes. We want to attract people who may be hesitant about cycling, new to cycling or just want to have a bike ride, chat and a coffee. It doesn’t matter what bike you ride, how fit you are or how fast you ride. Come out, have a ride in the countryside and feel social. As a side note: Hethersett

and Wymondham Velo Club is a great cycling club for keen and more experienced cyclists and, being a member, I would recommend anyone to join! It’s been an amazing initial period for us.

“What we have been able to achieve in such a short time has far exceeded our expectations. The community support has been fantastic, and we been able to help many local people already. It’s great to see that people have a real interest in cycling being part of their daily lives. If we can stop seeing people riding around with half flat tyres, hearing squeaky chains, or get those bikes out of the garages then we are doing well. There is a lot of work involved behind the scenes and we have some great plans for the future.”

If you would like more information regarding the workshop, see a list of events, would like to donate or receive a bike, volunteer or simply get involved see their website www.wonkywheels.org, call them on 07554 798 149 or head to their Facebook page, Wonky Wheels Community Bicycle Workshop. What a fantastic community we live in, I wouldn’t want to live anywhere else!

Getting Back On Your Bike

Russ Marling of Hethersett Hawks expands further on his previous comments about the Wonky Wheels Community Bicycle Workshop initiative.

WONKY Wheels Community Bicycle Workshop which was set up as part of the Hethersett Memorial Playing Field Trust has been a great success. The workshop, which is not-for-profit and run completely by volunteers exists to promote cycling within the local community. The goal is to encourage new and returning riders to get on a bike and enjoy the benefits cycling can bring. Backed by Cycling UK and Sport England, the workshop offers:

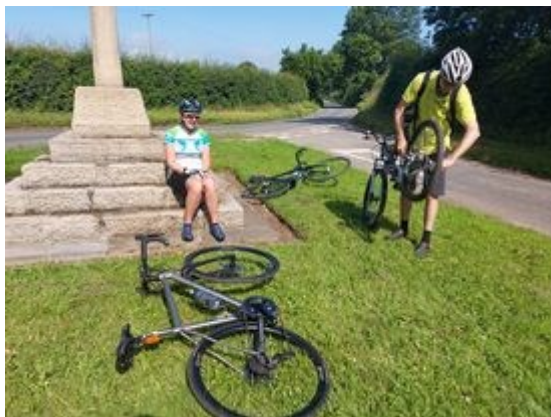


Photo by Hannah Baldry

Training fits available for people to allow them to understand how to perform common fixes and maintenance items on their bikes

We repair bikes donated to us to donate back to community members who may have barriers stopping them cycle

We have group and individual led rides to encourage confidence, develop handling and cycling skills, along with a chance for social connectedness.

Since starting to operate, Wonky Wheels has been able to repair and donate over 20 bikes to local community members who may have otherwise not picked up cycling. It's great feeling to be able to help people access and ride a bike, see them smiling away on the group rides, and hear them chatting about how cycling has helped them.

Working in partnership with Cycling UK, Wonky Wheels will be holding many more repair events and rides over the coming months. You may have a bike sitting in the shed you no longer need or don't know how to repair that flat tyre. Maybe you used to ride but haven't for a while and need help with your confidence. Or perhaps you just want to increase your social participation and meet new people. We especially want to help those who may think that cycling is reserved for club riders with flashy bikes. We want to encourage all people to get involved no matter you age, ability or choice of bike."

The Tithes That Bind



Regular columnist Lewis Buckingham continues his run through Hethersett's history.

Paying Your Tithes

IF you cast your mind back to April, you may remember that my meander through Roman and Anglo Saxon Hethersett of the last few months was prompted by my research into the Tithes of Hethersett.

It's probably high time to actually talk about them now - and probably for the next couple of months as well, knowing me. Well, there's a lot to get into when you start digging.

You're probably familiar with the concept of tithes - 10% given to the church. It's still (or more correctly should say now) in place today in Scientology, which is one of the reasons they love converting bankable movie stars.

But when tithing started in England, it was a payment in kind.

You literally gave 1 in 10 pails of milk, or 1 in 10 carts of hay to the parish priest. This necessitated large tithing barns in the parish and, as you can imagine, involved quite a degree of co-ordination and effort, so over time it evolved to a cash system, but I'm getting ahead of myself here.

Tithes were generally divided into two forms:

Great Tithes - the products of crop husbandry, things that grew and every year from the ground such as Tithe of Corn and Hay (Corn meaning wheat at this time).

Small Tithes - the product of animal husbandry - milk, lambs, eggs, animals - and the work of men - fishing and milling, for example.

All of these were derived from the land in some fashion and so it eventually became important to define which parish had rights over which land. In terms of tithing, what was important was not where you went to church, but where the crops were grown, so you could give tithes to multiple different churches if you had holdings in many different parishes.

There were a few teething problems when it came to this, and it wasn't until the 1250s or so that this was solved. The parish boundaries laid out almost 800 years ago lie more or less where they still lie today.

If you remember last month's article about Cantley and the lost Church there (which I think may have been the original church of what became Hethersett) you could see the present,



more central, site of St Remigius as a bit of a land grab. It may well have been necessary in order to claim authority over the tithes there from Melton.

Although a Church probably stood on the site of St Remigius at the time of Domesday, it's interesting that the records of the Rectors of St Remigius begin in 1260, right about the time that parish boundaries were set out, and during the period that the Church as a whole started to take individual parish churches out of the control of the local lords.

A lot of what we see at St Remigius today is due to work done in the 1340s but English Heritage has noted that there is 13th Century work visible as well. Perhaps this was due to the first flush of income from Tithes when Ralph

Debated Tithes in Hethersett

de Somerton and Simon le Gaunt shared the parish in the 1260s.

So we can see who - or where - paid the tithes.

But who received them? This wasn't always a simple thing.

As an Australian - and not brought up in the Church of England - I had always sort of brushed off "Vicar", "Parson", and "Rector" as all different words for the same thing.

Until recently I had no idea that there was actually a clear difference between each. But that difference had a great bearing upon where the tithes went, because of course, this was actually how the local priest survived. They weren't generally paid a stipend from

the church body.

The Rector - Had a "Rectory" which was not just the name of where he lived. Along with the house was also included land - known as Glebe Land - and rights of Tithe. He was truly in charge of what was known as 'the living', and until relatively recently (a hundred or so years ago) the local lord of the Manor held the "Right of Advowson", which was the right to choose the next Rector when the position became vacant.

The Vicar - (or Vice, as in vice-rector) would often be the actual person in the parish who ran the church. Rectors could have many livings, and would farm out the actual parish work to someone else in their place. The vicar lived in a Vicarage, and would receive a portion of the tithes on which to live - often the 'Small Tithes'.

The Parson - was actually more specifically a term for the "Person" of the Church. So it meant the person who was actually there, whether they be the Rector or the Vicar. A Parsonage house could exist for whoever it was that actually worked in the parish, irrespective of their actual title.

You can see in this system, that it was quite possible for a Rector to view his parish solely as an income stream if he chose to do so. In this narrow view, the Vicar became a lower ranked share holder encumbered with the work of the parish itself.

Unfortunately, this was how the system was sometimes manipulated, with



The Absentee Lord of Hethersett

Rectors having portfolios of parishes with which to provide for themselves. This was very often where the youngest son of a wealthy family ended up, because his father or elder brother had the right of Advowson over one or more parishes.

The idea behind giving a portion of your tithes to the Vicar could be pushed further, and often was.

We have an example of just that in Hethersett from way back in 1189.

In that year Waleran fitz-Robert - the Lord of the Manor of Hethersett - gifted a portion of the tithes of Hethersett to some monks in Swainsby in Yorkshire. Presumably - if they had even known about it - the locals weren't too happy about working to provide for some

random monks at the other end of the kingdom.

This gift was just one amongst a very long list given to the monks at Swainsby.

You see Waleran held many many manors. He was the Lord of Richmond, and as such had land throughout the whole country. This was a semi effective means in use since the days of William the Conqueror to diversify and dilute his subjects' holdings so they couldn't set themselves up in competition against him.

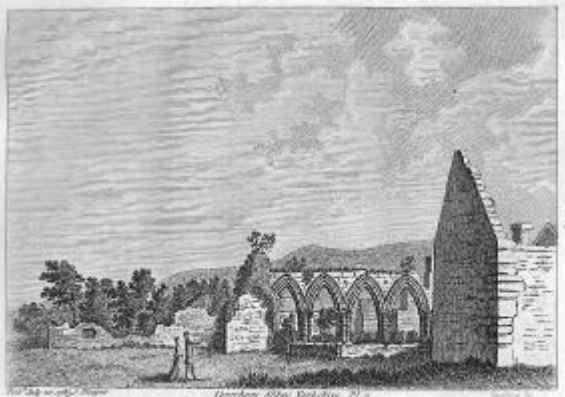
Hethersett was just one of many manors Waleran made money from, and it is doubtful that he ever visited.

But Waleran's mother Helewise had been buried there at Swainsby. As he wanted to do something special for the monks there, he was very generous with the fruits of the labour of his tenants.

Around 1213, Waleran's brother Ranulph was lord (another brother named Ralph having become Lord and died in the interim). Ranulph was living at Middleham in Yorkshire, and wanted his mum to lie a little closer to him, so he founded an abbey at Coverham and had the monks and his mum all moved there. Along with his mum came the tithes from Hethersett.

Coverham received a cut of the tithes from Hethersett until at least the 1350s, and probably up until the time of the Reformation.

The funny thing about farming out the tithes like this was - it was illegal even way back in 1189.



The Remains of Coverham Abbey

It had already been recognised that this kind of thing was not all that cool.

In 1140 Gratian's Decretal - a rulebook of Church Law - made it clear that the tithes paid should be paid towards the parish. Tithes could no longer be the middle ages version of shares in various Parish 'Companies'.

But of course, lawyers have always had a few tricks up their sleeves.

You see, if you really wanted to split hairs, the tithe didn't actually go to Coverham Abbey. I mean, apart from the law-breaking, it would be an immense pain to cart the appropriate number of eggs, wheat, barley, apples, lambs, etc all the way to Yorkshire. And they didn't have fridges, so the milk at least would have been an issue.

Instead, the Abbey leased the rights it held to those tithes back to the incumbent Rector in perpetuity.

In return, he paid them what was termed a "Composition". It was a predetermined agreement of the fiscal value of their share. Instead of the abbey collecting tithes (which - again -

was illegal) you could think of it as a grocer's shop which drop shipped to the Rector - only the Rector had to collect the groceries himself from his own warehouse and the grocer's office was in Yorkshire.

So. Definitely no laws broken, and everyone was happy.

Well, the farmers may not have been. But everyone who "mattered" was happy with themselves.

Now this term "Composition" may or may not bring up images of creative writing exercises at school. It certainly still does for me.

It was actually the beginning of something that eventually in the mid 19th century ended with the doing away of payment in kind for tithes.

You see, it was an incredible pain to deal with the sheer bulk of the products of tithes. Often the Parson needed to hire someone just to look after the lot, and to ensure its collection. And if the Parson was owed a calf or chickens, he then had to feed them and tend to them. The same with geese, pigs, and turkeys.

You also had to have an idea of what was being grown throughout the parish, and what ten per cent of that looked like. Your regular Parson was often city born and had no idea about any of this, and so he ended up losing money as he hired help.

So over time, cash payments started to become customs.

By the 17th Century in Hethersett, annual payments such as Hearth silver became common. This was half a penny paid by all parishioners as a tithe for fallen sticks they'd gathered in

the woods. Clearly this was a more manageable way of getting your tithe in than monitoring how many sticks were gathered by each person throughout the year.

The odd flat rate would evolve over time for different things as well: for example, 2 pence for a cow with a calf; 1 penny for a cow without.

A fee could also be negotiated in exchange for crops, but this was rarely if ever a fixed fee. The value of various crops fluctuated from year to year, as well as the yield, and no-one - farmer or priest - wanted to be short changed, so there could be some earnest negotiation made every year.

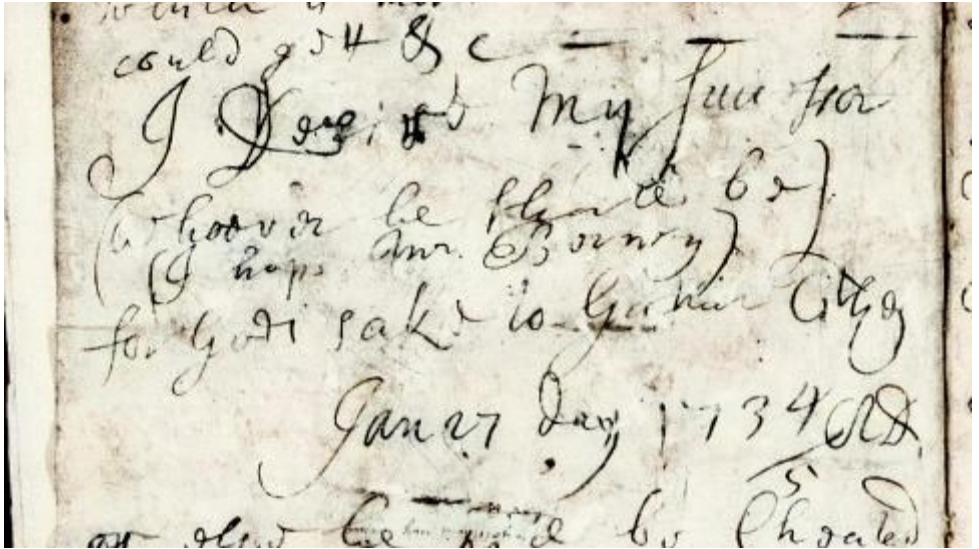
This is not to say that the priest was intent on making as much as he could at all times.

John Amyas, who was Rector from 1702 to 1724, accepted a token offering of "Filberds" - or acorns - in lieu of payment for a horse owned by Samuel Cooke, after Cooke had been obliged to sell his cow due to poverty. And other Rectors had asked a lower rate from the small holders who kept a few stock for their own subsistence. Those who farmed for profit paid more and were sometimes quite stung by the prospect.

It was very common in early wills for a bequest to be given to the local Church "for tithes forgotten." I doubt anyone was under any illusion about whether these were actual cases of forgetfulness.

Forgetfulness could shift to what was almost unionised action at times, and it is this that I'll talk about when next we meet.

We'll look at John Berney, an



independently wealthy Rector who in 1737 found himself in a standoff with the parish.

But before that we'll discuss his predecessor John Marrant.

He was most decidedly not independently wealthy, and as his tithes fell through in one way or another he actually went mad, scrawling his visions and woes into the margins of the Parish register.

He never held another living after Berny succeeded him, and died soon after in Hethersett.

One of the last things he wrote in the margins of the Register was:

"Jan 27 day 1734/5 AD

I Desire my Successor
(whoever he should be [I hope Mr Berny])
for God's sake to Gathir Tithes"

We will have more from Lewis' history of Hethersett in the September and following editions of Hethersett Herald. If you would like to submit a feature on the history of our village please send them to petersteward@lineone.net

Hannah's World

WE welcome back Associate Editor Hannah Baldry who explains what has happened in her life since her last column.

IT'S been rather a long time since I last contributed to the Herald with my column. Life has changed quite drastically for myself and my daughter.



After a marriage breakdown, we moved out of our family home and settled close to Mill Road, still in Hethersett of course! There's no need for me to go into details but I owe the community a huge thank you, which really doesn't seem like enough.

We had to start from scratch and needed all the basics for a new home; beds, white goods, carpets, anything you can think of really. My very good friend, Kim Rout, also a Hethersett resident, was instrumental in helping us get on our feet. She played a key part in getting us all of the things we needed and even set up a GoFundMe page which was spent on the first few weeks rent payments and things like curtains and home comforts. She co-ordinated people donating items and arranging kind



Just some of the culinary delights enjoyed in the last month.

The pizza is from Yellow Door Eats, whilst the drink and chips are from Janey's Village Café.

Hannah's World

people to pick things up and drop things off.

There are far too many people to thank but I hope that they all know how very thankful we are and how much we appreciate people's help with us starting our new life. I already loved Hethersett but this just concreted it really, there's no better community than ours.

I will always be looking to repay people's kindness wherever I can, so if anyone ever needs any help with anything, please let me know and I'll do my upmost to help. Thank you so, so much.

It's been so good to see the village getting back to a new normal, with places opening up again and people being out and about. Of course, we must still remain vigilant and be careful. I've had numerous meals, snacks and drinks at Café Kin, Janey's Village Cafe and The King's Head as well as a couple of deliveries from Yellow Door Eats (pizza to die for!). All of those places are doing their best to keep their customers as safe as possible whilst still ensuring the business has a good, comfortable feel about it.

Well done to all of you for not only getting through the pandemic with your businesses still in tact but also ensuring us folk can still enjoy our guilty pleasures regardless! Hethersett was a fantastic community before the pandemic, but I feel like it's changed for the better ever since. I hope we can continue to help and look out for each



other, pandemic or not.

I'm still involved with volunteering for Anon Street Team, where we cook once a month on a Sunday to feed 50-100 homeless and vulnerable people. They are always looking for new volunteers so please get in contact with them if you think you have anything to offer. Joy Elsey of Hethersett and Nicola Collier can be contacted on Facebook and will be happy to point you in the right direction, or give me a shout if needed.

You may remember last year in October, my best mate, Sarah Lawrence and I, set up Sandwich Superheroes in which we helped struggling families in and around the village. We gave them donated food, did some food shopping with donated funds or signposted them to others who could help. For the summer holidays, we are back and with a name change. We are now Hethersett Community Pantry. We will be around over the next six weeks, collecting and receiving

Hannah's World

donations (monetary or food etc) to give to people in need.

If you'd like to get involved or if you are struggling yourself, please don't hesitate to contact myself or Sarah. We won't bite!

New venture

Hopefully by the next issue, I'll have more information to give out. I'm at the start of setting up my own business, offering numerous services such as cleaning, gardening, chaperoning and care for the elderly/disabled.

I'm excited to see how it goes and I'm raring to go, so if you need any of the above services please do give me a shout, we've already got three customers on the books.

As usual, thank you for reading. Please see my separate articles on my



These hollyhocks have been photographed in a garden in the village. I just love them.

recent treatment at Rowan House, an update from Rowan House and Cafe Kin and a feature on the Wonky Wheels Community Bicycle Workshop.

New at Rowan House

By Hannah Baldry

I'VE been lucky enough to be on the receiving end of a facial from the lovely Claire at Salix Therapies, who is new to Rowan House, having started there just over a month ago.

Claire has had an offer on facials throughout July, £15 for a 30 minute

appointment, which will usually cost you £25, a bargain at both of those prices really. Upon entering the treatment room, I instantly felt more relaxed. The soothing music, delicate aroma and the ambient lighting made it the perfect atmosphere to begin a relaxing treatment. Claire uses products from Neals Yard, this particular facial was

part of the Wild Rose range. If you do get one of these facials, try to ensure that you don't have much else to do for the rest of the day, as my productivity was at an all-time low having been so relaxed!

Claire let me know what she was doing at each stage and explained what product she was using each time. There was a point where she placed a warming eye mask over my eyes which kicked the relaxation up a notch, it felt lovely. Part of the facial was a shoulder and neck massage which was equally as dreamy. Claire is really friendly but also doesn't bombard you with questions and chatter, which is ideal when you want to just lay back and chill.

Once the treatment was over, I headed straight into Kin, which is the cafe within Rowan House, to have a slice of their famous spiced apple cake and a latte, which was part of their drink and cake for £4 offer if you have a treatment with them. Such a fantastic experience from start to finish, I'd always recommend Rowan House and Cafe Kin anyway, but to have a treatment there was a welcome change. Thank you, Claire!

If you want to speak to Claire about her range of treatments (massage, hand and feet treatments, facials etc) or book yourself in, you can contact her via her Facebook page "Salix Therapies - Wymondham Massage" or you can email her on claire@salixtherapies.com.

On her Facebook page, Claire writes about her moving into Rowan House;



"This week Salix Therapies officially moved to Rowan House Centre and I couldn't be more excited to share this next step in Salix Therapies journey with you all!

"To celebrate, I am offering express Swedish massages or Wild Rose facials for just £15 until the end of July. Rowan House are also offering vouchers for a drink and cake for £4 at their cafe if you join their mailing list at your appointment, so that means for under £20 you can take some real time out with a pamper, coffee and cake."

Help With Heating Bills

By Hethersett environmentalist and parish councillor Bridget Williamson

Do you need help with your heating or insulation bills?

The good news is - there is help out there.

Solar Together Norfolk, organised by South Norfolk Council, is an innovative group buying scheme, which gives you the opportunity to buy high quality solar panels at a competitive price'.

For each round, you need to register before a certain date. On that date, an 'auction' will take place, where suppliers bid for the entire contract - thus prices are reduced. A personal recommendation will then be made to the householder based on the registration details, which can be accepted or refused. Please go on the South Norfolk website for further information.

For fuel poor households, those who are vulnerable, or those who are caring for vulnerable people, there is a scheme called Keeping Homes Warm, run again by South Norfolk Council. Suppliers are engaged to deliver energy efficient measures to domestic premises. Successful applicants can receive free or discounted insulation, such as loft or cavity wall insulation or a discounted boiler if your boiler is broken. Please once again go on the South Norfolk website for further information.

Again for fuel poor and low income households, there is an initiative called Norfolk Warm Homes, run by Norfolk County Council. This grant can pay for first time central heating, replacing expensive electric heating with more energy efficient air source heat pumps, installing wall insulation, or giving expert advice to reduce energy bills and energy usage. Anyone can use the free help and advice. Please go to the Norfolk County Council website for further information.

BEE Anglia offers free specialist advice and grants to support businesses in Norfolk to reduce their carbon footprint. The grants available offer up to 40% of the total project cost (or up to £20,000), for any upgrade or improvement that achieves an adequate energy saving.

In the July edition of Hethersett Herald we attributed comments made with regards to traffic problems to Emma Denmark. The comments were made by her sister Rachel. We are happy to put the record straight.

Caring Connie Bows Out

Over the past five years, Connie Tindale has been regularly reporting on hedgehogs in Hethersett as well as looking after them. Now ill health has taken its toll and Connie bows out with her final column for us and a plea to help look after hogs. We are sure that you will join us in wishing Connie all the best for the future and our things for looking after our prickly friends.

I HAVE been feeding and caring for hedgehogs for more than 50 years, 40 of those years in Hethersett, but sadly I am no longer able to continue looking after more than those that live in my garden. Now, people are needed not only to give support and spread information to others who love our prickly friends but to give foster care to those that are too small to care for themselves.

I have just had my 76th birthday and, although my life has never been easy, it has always been blessed. Health has always evaded me but excitement has been my almost constant companion. I would love to have the strength and mobility that I had even 20 years ago but that is just a pipe dream so I have to adjust. I am now six months over the three year life prognosis that was handed to me along with a pulmonary fibrosis diagnosis but that is not new to me as 25 years ago I was devastated by a multiple sclerosis diagnosis that I thought would have polished me off years ago. However, things are now catching up with me and I can no longer give our prickly friends the attention they need and deserve. So, this is a plea on their behalf.

Hopefully someone will come forward either as an individual or part of a group to carry on the work of Hethersett Hedgehogs, to look after the Facebook page, to give advice where needed and to encourage fostering of the babies that will be coming along too late in the year to reach maturity before the cold weather sets in.

You may think that you do not have the knowledge to take this on – but you do. You only have to consult the British Hedgehog Preservation Society's web page or to ring them and they will give you all the advice you need. Please read their web pages as there is information there from all things hedgehog from feeding through to treating lung worms. Wymondham has set up a group promoting Wymondham as a hedgehog haven, Hethersett is already a hedgehog haven but it will not remain that way without all the support it can get.

I know from personal messages that there are many people in the village who

would act as foster parents to autumn juveniles and only need encouragement to do so. Due to ill health I have been remiss in encouraging them enough. All you need to foster hoglets is a love of the species, a bit of time and somewhere for them to live that has access to an electrical point. The power point is essential as small hoglets need heat pads on which to rest. A shed or summer house is ideal. I would not recommend housing them inside your home as they can be incredibly smelly.

To set the ball rolling. I will add volunteers to be admins on our Facebook page and will lend a motion activated camera to anyone who wants to know what is happening after dark in their garden. In addition I have a hutch with a heat pad installed that I can offer on long term loan to a would-be fosterer.

Paul Baisley, (our dentist) is a very keen hog lover but is busy until the autumn. He is knowledgeable on remedies and medications suitable for sick hedgehogs and is always willing to help when he can. The Chapelfield Vets' surgery in Wymondham will also help and will assist with the care of wildlife free of charge although the cost of medicines has to be covered. A bit of fundraising could provide a fund for this purpose. There is a lot to be done.

Like-minded people could contact each other through the Facebook page and get together over coffee and cake. PLEASE HELP IF YOU CAN.

Teenage Boy Arrested After Hethersett Robbery

A teenage boy was arrested in connection with a robbery in Hethersett and another in Wymondham on July 21st.

The first incident happened between 5.45 pm and 6 pm. A teenage boy was in Postmill Close, Wymondham, when he was assaulted by a male before a second male stole his bicycle. The victim suffered an arm injury which needed hospital treatment.

The second incident happened in a play area off Admirals Way in Hethersett at approximately 7.30 pm. A teenage boy was riding an E-Scooter when he was stopped by two males. The victim was assaulted before his scooter was stolen. The victim suffered an injury to his hand.

A 16-year-old boy, from the Ipswich area, was arrested at approximately 8.30 pm in connection with the incidents and taken into police custody at Wymondham Police Investigation Centre.

Anyone with information about these incidents should contact Norwich CID on 101 quoting reference numbers 36/52604/21 (Postmill Road) and 36/52643/21 (Hethersett). Alternatively contact Crimestoppers anonymously on 0800 555111.

News From The Parish Council



HETHERSETT PARISH COUNCIL

Village Hall
Back Lane
Hethersett
Norwich
Norfolk
NR9 3JJ

Tel: 01603 810915/07902 322729

E-mail: hethersett.pc@tiscali.co.uk

ADMINISTRATIVE ASSISTANT

SALARY RANGE SCP1 – SCP5 (£17,842 - £19,312 pro rata)

Hethersett Parish Council wish to appoint a self-motivated, innovative and experienced Administrative Assistant to assist the Clerk in their legal duties.

This is a part time position (currently 15 hours a week with the potential to increase the number of hours worked following a successful probationary period).

Core hours to be worked are Monday to Friday 9.30am – 12.30pm.
Occasional evening work will also be required.

The successful candidate will be based at the Parish Council Office, Village Hall, Back Lane, Hethersett, Norwich NR9 3JJ.

The successful candidate will be qualified to at least GCSE A* - C level or equivalent and must possess good customer service, IT and social media skills as well as personal qualities of tact and diplomacy.

The successful candidate must be able to work independently and be prepared to undertake training as appropriate to the role. Local Government experience is desirable but not essential.

For further information or to request an application form please contact the Parish Clerk:

Annette Palmer PSLCC
Hethersett Parish Council
Village Hall
Back Lane
Hethersett
Norwich
NR9 3JJ

e-mail: hethersett.pc@tiscali.co.uk
tel: 01603 810915/07902 322729

**Completed application forms (CV's on their own will not be accepted)
must be received by 12 noon on the 11th August 2021
Interviews will be held during the week commencing the 23rd August 2021**

News From The Parish Council

Meeting Dates

Full council meeting dates for the remainder of 2021 are as follows:

September 20th, October 18th, November 15th and December 20th' Council meetings begin at 7.30 pm. There is no full council meeting in August. Planning Committee meetings start at 7 pm on the following dates: August 2nd and 16th, September 6th and 20th, October 4th and 18th, November 1st and 15th, December 6th and 20th.

For other committee dates refer to the council's website which can be accessed at:

<https://hethersett-parish-council.norfolkparishes.gov.uk>

Committee and full council meetings are open to the public.

Meetings have re-started in Hethersett Village Hall. Planning Committee meetings begin at 7 pm and full council meetings at 7.30 pm.

How To Contact The Parish Council

THE parish council office in the village hall is currently closed to the public due to the Coronavirus outbreak.

Parish clerk Annette Palmer can be contacted by telephone on 07902 322729 or via email at hethersett.pc@tiscali.co.uk.

The council has a website at

www.hethersett-parish-council.norfolkparishes.gov.uk

and also a Facebook page. A full list of councillors appears on the next page in this edition of Hethersett Herald along with contact details.

News From The Parish Council



HETHERSETT PARISH COUNCIL COUNCILLORS CONTACT DETAILS

Chairman

Mrs A Quinlan, 8 Childs Road, Hethersett NR9 3HN

Tel: 814379

Vice-Chairman

Mr S Slack, 70 Priory Road, Hethersett NR9 3EY

Tel: 811824

Councillors:

Miss K Adams c/o the Parish Council Office, Village Hall, Hethersett

Via the Clerk

Mr L Dale, 46 New Road, Hethersett NR9 3HH

Tel: 810952

Dr A Edwards, 6 Queens Road, Hethersett NR9 3DB

Tel: 812309

Mrs S England, c/o the Parish Council Office, Village Hall, Hethersett

Tel: 07582 225895

Mrs S Lawrence, c/o the Parish Council Office, Village Hall, Hethersett

Via the Clerk

Mr J Loomer, 6 Miller Close, Hethersett NR9 3GD

Tel: 07799 608978

Mr C Morriss, 19 Haconsfield, Hethersett NR9 3AW

Tel: 810060

Ms E Mulvaney, c/o the Parish Council Office, Village Hall, Hethersett

Via the Clerk

Mr J Nightingale, 2 Buckingham Drive, Hethersett NR9 3HT

Tel: 811513

Mr M Stark, 61 Lynch Green, Hethersett NR9 3JT

Via the Clerk

Mrs J Walpole, 16 Canns Lane, Hethersett NR9 3JE

Tel: 811932

Mrs B Williamson, 8 Churchfields, Hethersett NR9 3AF

Tel: 810259

Above are details of the 14 parish councillors with their contact details.

A few of the other items that came up at the July parish council meeting.

Thickthorn services has applied for permission for six electrical charging points at Thickthorn Services.

* * *

Church Farm shop on the B1172 has applied for a licence to sell alcohol.

The parish council had no objections to either of the above but did ask that the garage site ensures that safety measures are followed.

* * *

A planning application for a shepherd's hut on land at Grove Farm in Grove Road has been turned down by South Norfolk Council.

HAVE YOU HEARD ABOUT

Hethersett & District Aid in Sickness Fund?

(Formerly known as the Hethersett Nursing Association)



DO YOU LIVE IN

Hethersett

Ketteringham or Little Melton?

ARE YOU

or is someone you know, in need of financial help because of illness or disability?

**Infirm
Convalescing
Sick
Unwell
Disability**

Examples of help available

Grants are available towards:

- Car adaptations.
- Wheelchair or other mobility items.
- Support during a sudden medical crisis.
- Nebulisers and other equipment.
- Pre-payment certificates for prescriptions.

For further information or to apply for a grant please telephone one of the trustees listed below. If you have a need for something which is not mentioned above please apply and we will try to help.



Alex	07805 242326
Rachel	01603 812596
Mary	01603 811330
Barbara	01603 810502
Christopher	01603 811010
Debby	01603 812221

All applications are treated in the strictest confidence.

Registered Charity Number 211284

Sarah's World

Sarah Lawrence continues her monthly column giving us her take on Hethersett life.

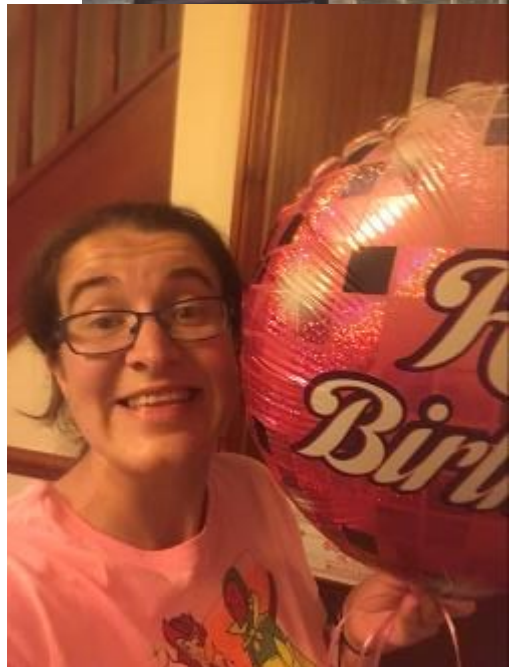
Birthday Celebrations

I celebrated my 34th birthday at the end of June and I had a whole week off work to celebrate. What a week I had! I saw friends that I hadn't seen or spent time with in ages and ate way too much. My waistline is paying for it now.

On my actual birthday, my good friend (and Associate Editor of the Herald) Hannah surprised me by decorating her house with banners and balloons when we went over to visit. Mr L had made some of his delicious butterfly cakes too! Oh, and another of my friends (Kirsty from 'Kirsty's cakes and bakes' on Facebook) made me the most amazing peanut butter cheesecake for the second year running. It's to-die-for, I'm so glad I've frozen pieces to eat another time.

In the evening, we went out to a restaurant with our dear friends Anne and John. The rest of the week was a haze of meeting more friends, more eating and visiting various different places. I visited Janey's Cafe, Hunstanton Sea Life Centre and the Junkyard Market in Norwich, amongst others. It was a very busy seven days! But it was lovely to catch up with so many people that we had missed spending time with over the course of the pandemic.

The school year has now drawn to a close. School's out for summer! I thought it would be a good opportunity



Sarah's World

to thank all of the teachers out there – especially the ones at Woodside Primary where my daughters attend – for making this year as normal as they can for the children, despite the obvious challenges. Teachers have a job that I could never do, holding the attention of a class load of young people. I don't have the patience, nor the willpower, so I'm very glad to leave it to the professionals. The last two school years have been (I expect) the most challenging that the teaching profession have ever had to face and I salute them for their ongoing support to pupils and their families. They all deserve a restful summer,

On Sunday 11th July, my Store Manager at Tesco, Keyleigh, my two girls and I, took part in a Race For Life walk with some of the team at Earlham Road Tesco Express. I was a bit hesitant at first. I walk to get from A to B a lot, so doing a walk on my day off was not something I was excited about doing, especially having to pull my two girls along too! However, my arm was fully twisted and there I was Sunday morning at 11am, ready to set off on our '10k' walk. It was a fairly warm day, and the route was to pass by several Tesco Express



Tesco Race for Life Walk



Distance
8.57 mi

Elevation Gain
280 ft

Moving Time
3:18:10

[View Analysis](#)



Rewilding Hethersett

stores to say hello. I was a sweaty mess! But, I had a really nice time and so did the girls. The Earlham Road team made us feel really welcome too. However, I do have one moan. The promised 10k route wasn't exactly 10k by the end. No. It was more like 13 and a half. But, I'm very glad to tell you that the girls didn't moan in the slightest, in fact they wanted to go to the park after! Nutters. If you'd like to contribute to Earlham Road's Race For Life fundraiser, the website is here:

<https://fundraise.cancerresearchuk.org/team/tesco-earlham-garage-gangstas> Every little helps!

I touched on the subject of Re-wilding Hethersett last month, something that the Hethersett Environmental Action Team (HEAT) is passionate about. Well, the idea has come on leaps and bounds since then! By the time you read this, the very first Re-wilding Hethersett Open Day will have happened, showcasing the benefits to the environment, mammals and insects that a wildflower meadow can have, on our established area at Rectory Meadow. Rectory Meadow is an excellent example of what good looks like in terms of re-wilding, growing bee and pyramid orchids, it's a feast for the eyes too! Plans are in place for re-

Sarah's World

wilding more areas in Hethersett, obviously carefully picked to ensure minimal disruption. Watch this space!

And finally, a little anecdote. My friends know that I'm a bit of a mean Mummy when it comes to the ice-cream van. Not when we're out on day trips or at fetes, I mean the one that plays its merry jingle and drives round to our Close what seems like every evening.

If I bought an ice-cream from it every time it drove down our Close I'd be a very poor woman indeed! So, in an effort to stop the whinging, I tell my children when they hear the tune that it's not the ice-cream van coming. It's the Fish van. They stop moaning, I don't have to whip my purse out, everyone's a winner!

My nine-year-old has wised up in recent years however, so it's not a totally fool-proof scheme. A week or two ago, I was very surprised to see an actual Fish van doing its rounds down West Croft while out for a walk with my friend, I was very surprised, and we had a good laugh!

**A DINOSAUR HAS DECIDED TO VISIT HETHERSETT
FOR SOME ROARSOME FUN
OVER THE SUMMER HOLIDAYS!**



**FOLLOW THE TRAIL AROUND THE VILLAGE AND COLLECT THE
LETTERS TO FIND OUT WHICH DINOSAUR IS VISITING!**

There's a Sumersaurus of a time coming up in the school holidays for kids of all ages.

The fun will take the form of a trail which runs until 28th August. Special trail maps are available from Rowan House Well Being Centre in Queen's Road.

Maps are £5 each which includes a prize for each completed entry and proceeds from map sales will go to the Break Charity.

News From The Media

'Surgery will buckle under pressure' - Call for action to avert 'crisis' in Hethersett

By David Williams
The Hethersett Surgery is facing a crisis as the number of patients continues to rise, with a call for action to be taken to avert a crisis in the village.

The surgery, which has been open for over 50 years, is currently facing a crisis as the number of patients continues to rise. The surgery is currently facing a crisis as the number of patients continues to rise.

The surgery is currently facing a crisis as the number of patients continues to rise. The surgery is currently facing a crisis as the number of patients continues to rise.



Local Councillor
The surgery is currently facing a crisis as the number of patients continues to rise. The surgery is currently facing a crisis as the number of patients continues to rise.



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Local Councillor
The surgery is currently facing a crisis as the number of patients continues to rise. The surgery is currently facing a crisis as the number of patients continues to rise.

News From The Media

One of the Five

THE Eastern Daily Press reported on schools in the county that have been classed as “outstanding” by OFSTED.

Only five secondary schools have met this mark with Hethersett Academy one of them. The article points out that the Academy’s predecessor school, Hethersett High School and Science College, had been judged ‘inadequate’ in 2013, but it was rated ‘outstanding’ by Ofsted in January 2016, less than three years after it opened as an academy under the sponsorship of the Inspiration Trust.

Inspectors said “dynamic and determined” leadership ensured it was an “exceptionally effective academy” with pupils prepared exceptionally well for a successful future.

Pupils’ behaviour and conduct were said to be exemplary, while inspectors said disadvantaged pupils made better progress at Hethersett than similar pupils nationally.

In a separate article, the EDP states that according to Estate Agents living in the catchment area of a school rated as “outstanding” has an affect on house prices, driving them up and making places like Hethersett even more desirable. Homes in catchment villages are notably higher than those slightly further away, the article states.

Glamorous Ruby

The Eastern Daily Press also marked the 100th birthday of a former Hethersett resident.

Ruby Baker lived in the village for 12 years and was described as a “gorgeous and glamorous mother, grandmother and great grandmother.”

Ruby now lives in a care home at Thorpe St Andrew’s near Norwich.



News From The Media

Village buzzing over plans for rewilding

Local residents are excited about plans to rewild the village green and surrounding areas.

Local residents are excited about plans to rewild the village green and surrounding areas. The plans, which are being led by the village council, include creating a new green space, planting native trees and shrubs, and creating a new path through the woods. The plans are expected to be completed by the end of the year.

The plans are expected to be completed by the end of the year. The village council has received a grant from the local authority to help fund the project. The council is also looking for volunteers to help with the work. The project is expected to create a new green space, planting native trees and shrubs, and creating a new path through the woods.



A person in a bee costume running on a grassy field. The person is wearing a yellow and black striped shirt, a black and yellow striped skirt, and a black hat with a yellow bee on it. They are running towards the camera on a grassy field with trees in the background.

Former pupils and staff reunite at historic village school site to keep its heritage alive

Former pupils and staff have reunited at the historic village school site to keep its heritage alive. The event was held at the school, which is now a museum. The event was attended by former pupils and staff, and it was a chance to reminisce about their time at the school. The school was built in 1850 and is a Grade II listed building. It is now a museum and is open to the public.



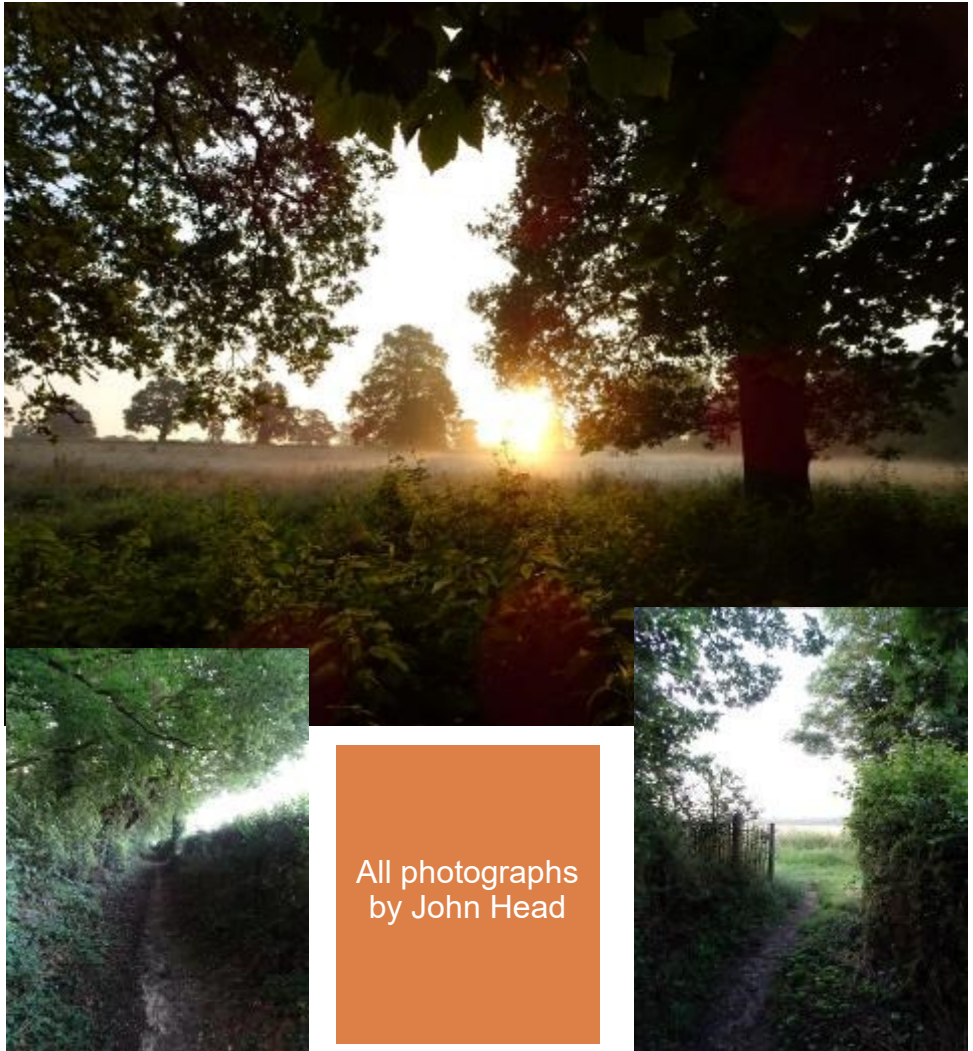
A group of people, including former pupils and staff, posing for a photo. The group consists of five people: a woman in a blue jacket, a man in a white shirt and tie, a woman in a blue patterned dress holding a baby, and two other women. They are standing in front of a green background.



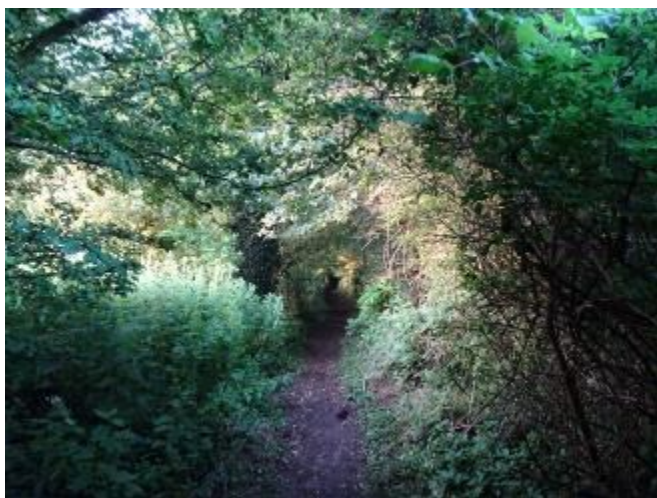
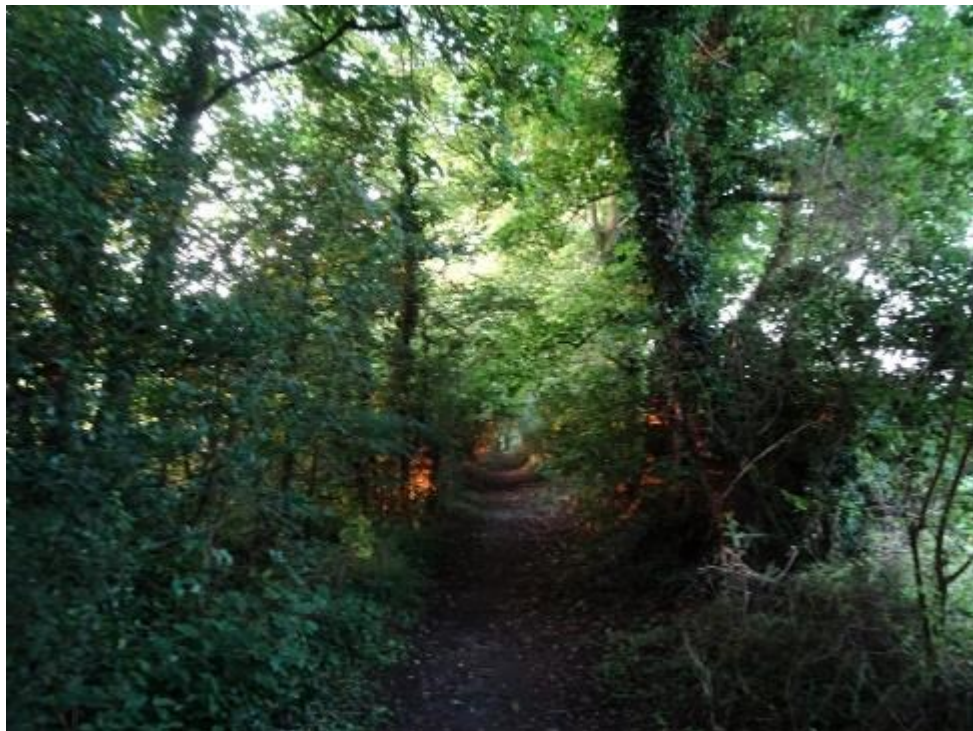
Full details of these stories can be found in this edition of Hethersett Herald. The cuttings are taken from the Eastern Daily Press, Norwich Evening News and/or the Wymondham Mercury.

My Photographic Diary *by John Head*

Hethersett resident and friend of Hethersett Herald, John Head, is a keen photographer who regularly posts his excellent photographs on Facebook. Here we feature a selection of John's photographs taken during his wanderings in and around Hethersett. You will also find other photos taken by John dotted throughout this edition of Hethersett Herald.



My Photographic Diary *by John Head*



The photographs on this and the previous page were taken in and around Kissing Alley in Hethersett at 5.30 am on July 8th.

The sun rising in the photograph above makes it look as though the alley is on fire.

From The Archives with Gary Wyatt



HETHERSETT HERITAGE

➤ AN ARCHIVE OF OUR VILLAGE HISTORY ➤

THE HETHERSETT ARCHIVE

Honorary archivist Gary Wyatt brings us more images from the archive. You can see many more at <https://hethersettheritage.org>

The grand old gentleman pictured opposite is simply captioned Mr Beeby.

Below is a photograph of sheep grazing on Chapel Farm.



HETHERSETT HERITAGE



Two photographs of Mr R. J. Dack. The press photograph on the right tells us that Mr Dack was missing from his home and it is thought he had been suffering from a loss of memory. We do not know what happened to him, although today it might be considered that he was suffering from dementia.

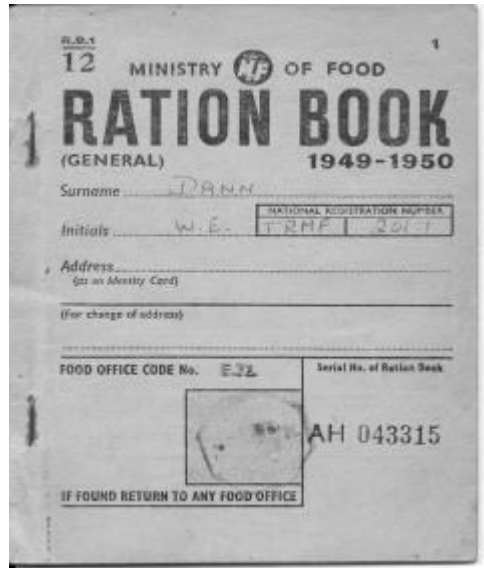
HETHERSETT HERITAGE



A view of Hethersett Rectory from the past.



Hethersett Herald





South Norfolk
**COMMUNITY
AWARDS**
2021

Say **thank you** to local volunteers and nominate them for a **South Norfolk Community Award** today.

Winners will receive **£250** to spend on a charity or community group of their choice.

Nominate by 5 September at southnorfolkandbroadland.gov.uk/CommunityAwards or call **01508 533816**.

Sponsored by



**CLARION
FUTURES**





Henry Ralph Stanley Birkin
“Tim” - 3rd Baronet

Herald columnist John Head came across an intriguing grave in a North Norfolk village. Here he tells us about it.

IN March, 2014, I was wandering around Blakeney Churchyard when I noticed this unusual headstone. What caught my attention was the two model Bentleys on it. Taking a quick internet check, Henry Ralph Stanley Birkin 3rd Baronet was a British Racing driver known as Tim Birkin and was one of the 1920s 'Bentley Boys'

His nickname Tim was from the comic book character 'Tiger Tim'. Briefly; his racing career began at Brooklands in 1921 but in 1927 he entered the three litre Bentley Races which was soon increase to 4½ litres. In 1928 he raced at Le Mans and came fifth. He was heavily involved in the development of the racing Bentley especially the fitting of a 'supercharger'. In 1930, however, Bentley withdrew from racing. Birkin continued racing, winning the 1931 Le Mans for Alfa Romeo and also raised the Brooklands outer circuit record to 137.96 mph. In May, 1933, he entered the Tripoli Grand Prix in a Maserati finishing third, during which, in a pit stop, he burnt his arm on the exhaust. The traditional view is that this wound turned septic. Another view was that he suffered a serious Malaria attack which he contracted serving in Palatine during World War One. It could, however, have been a combination of both that proved fatal and he died at the Countess Carnarvon Nursing Home London on 22nd June, 1933, aged 36. (Source Wikipedia)

A Hub of the Community

By Associate Editor Hannah Baldry

DURING the pandemic and even before then, Rowan House has been the hub of the community. Jessica Barnard, well known in the village and a health and well being manager at Rowan House, is often in contact to see how they can be as involved in the community as possible, how they can help and how they can improve.

They're very proactive and are always keen to accommodate everyone they can. I feel like I have a special connection to Rowan House, I love everything they stand for and everything they do, I will always sing their praises. Plus they are such a lovely bunch of people. Not forgetting that they were one of the first Hethersett businesses to sign up for Refill Hethersett, which allows members of the public to pop in during opening hours to fill up their re-usable bottles with water, for free! Jessica tells me that it's in use often, especially by school children coming in to fill up their bottles throughout the day. How wonderful is that? During the pandemic, whilst everywhere else slowed down and closed up, Rowan House staff were still working behind the scenes.

Their therapists were still coming into work and providing valuable services to the community. Whilst the NHS was



and still is overloaded, they were providing much needed therapies to help people in the meantime. Some examples are below.

John Rhind - JR Reflexology, offering NHS Staff treatments for just £15, usually £40! You can read about John and what he does by looking at his business page

<https://www.facebook.com/johnrhindreflexology>

Rachel Pailes – Play Move Grow Children's Physio, Rachel worked

throughout lockdown. You can read more about her below via her Facebook page and also at the end of this article.

<https://www.facebook.com/playmovegrowtherapy>

Hearing Care Centre. They worked throughout lockdown; fixing and providing hearing aids and offering wax removal. Read more about them here:

<https://www.facebook.com/HearingCareCentre>

Osteopaths, They also worked over lockdown, you can read more about them here:

<https://www.rowanhousecentre.co.uk/portfolio/osteopathy-2/>

Baby Groups have returned! A much needed service for new and expectant parents, please read about them below: <https://www.facebook.com/babyfityoga> <https://www.facebook.com/aboutbirthandbabies> and <https://www.facebook.com/nomilklikemamas> runs a breastfeeding support cafe at the centre.

Surprisingly, there are many more therapists and practitioners at Rowan House. To see a full list, head over to their Facebook page or website for full details

<https://www.rowanhousecentre.co.uk/>

The below quote is from Rachel Pailles, who set Rowan House up and is a Children's Physio, as well as being a lovely lady

"The point of me starting Rowan House was that I would get it set up, then run my Children's Physio clinic from Rowan House. However, its rapid



growth in its early years meant there was very little time to promote and run my Physio practice, which went on in the background but was a small percentage of my work.

"Lockdown, the centre closing and being on furlough meant that I had to take a step back from managing the centre, but that gave me time and head space to develop Play Move Grow.

"This soon grew as worried parents with babies and children with disabilities struggled to access the normal routes of support and also felt like they didn't want to burden the NHS. I worked virtually for three months, which was actually much more effective than anticipated. Assessing and giving virtual input to parents whose babies were delayed in their development or showing signs of physical anomalies.

"As soon as restrictions lifted and people were allowed to travel for health related appointments, I returned to face to face where essential and virtual where possible. I was initially worried; working with babies and young children, so much of what I do is about building trust so the impact of PPE and

in particular masks were a real concern for me, but this was soon overcome and was not a problem.

“One area of real need has been in school aged children who have been presented with aches and pains as a result of home schooling and the associated screen time and from being generally less active than when at school. When able I have also held face to face Baby Massage courses running with limited numbers and precautions in place. This is one area that was missed so much in the height of the pandemic with new parents being cut off from their normal support systems with a new baby.

“The isolation and overwhelming situation they found themselves in must have been so difficult, even small things such as access to baby weighing facilities have only just come back, it is still not known if many volunteer led groups will be able to re-establish themselves, which will be a huge loss to this population”

Cafe Kin - Having only opened their doors in early 2020, Kin had already been closed for refurbishment. Give or take a few weeks, the pandemic then hit. Kin had to rethink things and were continuously evolving over the next year.

They were quick to offer takeaways from their window, which really helped people still getting to treat themselves throughout such a weird time. Because when all else fails, coffee and cake will get you through! Fast forward to today, they are still open and thriving despite what's been thrown at them, there is a lot of seating outside, as well as tables indoors and you can still sit next to



people and get the feel of normality, whilst being safe and having clear screens between each table. Having known them since the talking

stages of Kin, I feel so proud of them for everything they've achieved and continue to do so. Do I even need to mention the food? If you haven't been there to try it then why not?

I feel like I've sampled most of the menu but it has to be said that they make sausage rolls to die for, absolutely mouth wateringly delicious. Then they've got the spiced apple cake, which is on another level to any other cake I've had and it's making my mouth water just thinking about it. The prices are very reasonable, staff are lovely and friendly, the environment is safe, food and drink is delicious and inclusive, with vegan and gluten free options, there's something for

everyone. Kin aren't just about the cakes and coffees, they also hold various community events. Whilst PC Chris Boden was the local beat manager, he held a community session at Kin, where he'd go from table to table and talk to people about their concerns surrounding the village. It was a great session and fantastic to see and hear first hand what the local police force do to keep us safe.

A similar event happened this month - Cuppa with a Copper with PC Stu Barnard. I didn't attend the event unfortunately so am unable to comment, but I'm sure it was of great help.

Café Kin is also keen to bring back the Chatty Cafe, which encourages people to come into the cafe as normal, but with the aim of chatting to others. What a fantastic way to tackle loneliness and getting people to know each other and make new friends. We haven't got a date for the return of Chatty Cafe yet



but I'm sure they'll keep us updated. Kin also accepts the Blue Light Card, which offers 15% off for all service personnel. Just present your card at the till.

I'm sure that many of you will join me in thanking Rowan House and Cafe Kin for being such a fantastic establishment to our ever growing village, so many people still just walk past without knowing what goes on inside, hopefully now you know.

Have You Missed Out ?

YOU can catch up on previous editions of the Hethersett Herald by going to www.hethersettherald.weebly.com

and following the links. Hethersett Herald is an independent publication for news, views and features about Hethersett and general articles written by residents.

It is currently available only online. If you have news or would like to be featured in Hethersett Herald contact editor Pfter Steward on petersteward@lineone.net



By Brett Rennolds

AS we have reached mid-summer, I thought it might provide a focus for some positive reflection on action and take the opportunity to take stock, stop and look around, as life moves pretty fast and you might miss it. In this context 'it' is the good things you are already doing to ensure a positive mindset.

The phrase goes 'it's always preferable to maintain the roof when the sun is shining' and in this month's blog I wanted to take the opportunity to discuss the importance of regularly noticing, savouring and valuing how awesome your mind is. Think of it as regular maintenance for your mind. Regular maintenance is noticing and savouring the 'good habits' and more importantly understanding the value of how these good habits help in the sustaining of our wellbeing.

By maintaining the roof when the sun is shining you are putting some credit in the bank. The processes I reference in all my blogs, are that bit more challenging when it is metaphorically raining. As thoughts and feelings are a product of electrical and chemical activity it is therefore more beneficial.

I recently became aware of the work done by Dom Price and their **Personal Moral Inventory** made me stop and think about how I will apply these principles to my practice, my own positive reflection and subsequent stocktake, so I asked myself the question 'How well equipped am I to C.O.P.E.?'

From a positive wellbeing context our ability to cope [C.O.P.E.] is a product of our ability to manage the amount of stress we put in our 'stress bucket'. Think of the stress bucket as the reciprocal for all the negative things we are exposed to daily. That driver who didn't thank you for letting them out, your boss not acknowledging your hard work or you come home to find that the sink is full of dirty plates. Like all buckets the stress bucket will overflow if left unchecked. When our stress bucket overflows, we will be angry, scared or sad meaning we are unable to cope as well as we would wish.

Most of us will cope and this is because subconsciously you will have developed behaviours in response to a filling stress bucket that means you are better equipped to deal with those feelings of anger, fear or sadness. You remain solution focused and able to defuse from the cause of stress, subsequently you are able to cope with the 'ups' and more importantly the 'downs' of life.

To answer the question, how well equipped are you to C.O.P.E, consider the following four statements and traffic light them accordingly. Red – needs to be addressed, Amber – it's working well but can be developed and Green – celebrate the win! This C.O.P.E 'audit' reflects where you are right now, a snapshot, a moment in time. This, perhaps for the first time, gives you permission to reflect on action and provide a reference point for you to decide what's next.

Now please understand that this

exercise is for those who can remain objective and above all else kind, a critical friend, to yourself. This is not about rating yourself red throughout, frame this exercise as if you were facilitating it with your best friend. You would not allow your friend to be so hard on themselves to score themselves a red throughout, so please do not do this to yourself.

Be assured, if you identify that some additional help would help, then the Rowan House family are a suite of professionals who can help you to address any reds or ambers on your list. Whether you're looking for coaching or emotional support, individual treatments and therapies or wellbeing and fitness classes, you'll find it here in the tranquil calm of Rowan House Health and Wellbeing Centre.

So how well equipped are you to C.O.P.E?

1. What is your ability to make positive choices in your life? This relates to the amount of control you have, freedom and opportunity to make positive choices for your life. This can also be referred to as psychological flexibility. Your ability to change as the situation demands it, you are well equipped to accept what you cannot control and commit to action in the areas you can.

2. How Optimistic are you for the quality of your life? How optimistic are you that your life can change and or evolve positively? When you consider this question consider what change is for you. This question does not imply

your life needs changing however, what small change would make your life a little better? What does better mean to you?

3. What are the quality of the people [relationships] in your life? When you consider this question consider all the touch points those people encompass. Work, home, friends and self all provide a context for reflection. Do you surround yourself with positive people?

4. Are your environmental needs being met? This is to be framed as need as opposed to want. When you consider this question consider what Maslow refers to as your basic needs. Basic needs are described as physiological and safety. The physiological relates to shelter, food, water and warmth. The safety relates to both the physical and emotional.

Understanding how you C.O.P.E is about nurturing your ability to better notice, savour and value the good things in your life. By noticing, savouring and valuing more you are training your brain to learn what good looks like. Whether you already do this sub-consciously or not this provides the mindful moment to consciously reflect, develop and nurture positive behaviours for you, your life and your future.

To do this and get the most out of the exercise, I encourage you to journal how you C.O.P.E, specifically the things you are noticing, savouring and valuing aka the behaviours that result in you being able to cope. Get yourself a journal that reflects your personality,

make the effort to get a journal that you will look forward to writing in. This is not to say that a blank A4 pad will not suffice, rather I would encourage you to see this as an opportunity to do something new to sustain and or develop your wellbeing, so let's make this change an event shall we?

When you have traffic lighted how well equipped you are to C.O.P.E ask yourself, ask appropriate, what can you do to have more choice, be more optimistic, surround yourself with positive people and or improve your environment? The important caveat here is '.....and what will be different when you achieve this?' This is called 'framing' perhaps more commonly referred to as visioning, and as the brain sees in pictures being clear in

your mind what will be different is an important part of making change happen.

I encourage you to write down in your journal that framing, aka vision, and specify the small steps you will take to achieving this. This will provide you with a focus and an action plan. What this process can also provide you with is the evidence and assurance for yourself, so that you know what it is you are doing to make the changes you want for your life.

Simply put, it ensures you will have 'breadcrumbs' to follow should you ever get lost in the future and wish to remind yourself what you can do when you put your mind to it.

More from Rowan House next month.



Image taken across the fields of Hethersett by John Head.



LITTLE MELTON PRE-SCHOOL NURSERY



***Our Pre-School is run by a team
of experienced,
qualified and caring staff.***

Open Monday-Friday during term time.

***Rated 'Good' by OFSTED
Open to children from 2 1/2 - School age.***

***Providing Quality Childcare
for over 30 years.***

***Please contact us to arrange a visit.
Little Melton Village Hall, Mill RD, Little Melton
01603812362***

***www.littlemeltonpreschoolnursery.co.uk
Registered Charity No:1028459***

***This organisation is committed to safeguarding and promoting the welfare of children
and young people and expect all its staff and volunteers to share this commitment.***

Join The Email Group

We currently use Social Media to inform residents when a new edition of Hethersett Herald is published.

We also post copies of new editions, along with an archive of editions from the past six years, on the website www.hetherssettherald.weebly.com.

If you would like to be alerted via e-mail of the publication of a new edition please send an e-mail requesting this service to the editor—
petersteward@lineone.net.

We will then draw up a group for circulation. Your e-mail address will not be disclosed to any third parties and will be used exclusively for notification of new publications.

The September edition of Hethersett Herald will be online at the end of August.

News, features and photographs should be with the editor by August 15th at the latest.

We are happy to consider items for publication either on Hethersett or written by Hethersett residents on other subjects and they can be sent to

petersteward@lineone.net

We Are On Facebook

Hethersett Herald is on Facebook. You can follow us at

<https://www.facebook.com/Hethersett-Herald-196216690775010/>

Please share details of the Herald so we can increase our readership.

Hethersett Matters



COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

Council/Government Contact Numbers

Below are the contact details for people you may want to get in touch with on village matters:

Member of Parliament

Our MP is Richard Bacon who can be contacted through the following:

Email - Richard@richardbacon.org.uk.

Address: Grasmere, Denmark Street, Diss, Norfolk, IP22 4LE.

Telephone: 01379 642097

Web site: www.richardbacon.org.uk

Facebook - Bacon4SouthNorfolk

Twitter - @Bacon4SNorfolk

Norfolk County Council

Our Norfolk County Council representative is David Bills who can be contacted on 01603 813041.

South Norfolk Council

Our South Norfolk Council representatives are Adrian Dearnley, Phil Hardy and David Bills. David can be contacted on 01603 813041 or at dbills@s-norfolk.gov.uk, Phil on 07985 695668 or at phardy@s-norfolk.gov.uk and Adrian on 07957139880.or at adearnley@s-norfolk.gov.uk.

Hethersett Parish Council

Clerk to the council Annette Palmer can be contacted on 01603 810915. Parish council chairman Adrienne Quinlan can be contacted on 01603 814379.

The Parish Council usually meets on the third Monday of each month at the Village Hall. The planning committee meets on the first and third Monday (depending on planning applications).

Agendas of meetings are displayed on village noticeboards at Churchfields, Hethersett Library, Hethersett Post Office, the Memorial Playing Field, and Hethersett Village Hall. Copies of minutes are held at the library or are available from the clerk. The parish council office is currently closed but will eventually be open in the Back Room at the Village Hall (upstairs) on Monday and Thursday mornings between 10 am and 12 noon.

Email: hethersett.pc@tiscali.co.uk

Website – hethersettpc.info

HETHERSETT HERALD

Your Monthly E-Magazine

News, views, comment, information and photographs keeping you up to date with what is happening in our village. Hethersett Herald is published on the first day of each month exclusively at:

www.hetherssettherald.weebly.co



News From The Garden with Roger Morgan

THERE has been a very noticeable increase in the number of ants in the garden this month. Numerous nests have been spotted in the lawns and flower beds and it seems that whenever you lift up a container, the ants have moved in.

At this time of year there is always so much to do, here we make some more suggestions for jobs which we can be getting on with during August.



Patty Pan

In the Flower Garden

- Water evergreen shrubs like camellias and rhododendrons thoroughly this month to make sure that next year's buds develop well.
- Keep patio container plants well-watered and feed with a liquid fertiliser every fortnight.
- Stake tall or top-heavy dahlias and lilies to prevent wind and rain damage. Dead-head lilies for a better flower display next year.
- Dead-head annual bedding plants and perennials to encourage them to flower into the autumn and stop them self-seeding.
- Cut back faded perennials to keep borders tidy.
- As penstemon flowers fade, cut them back to just above a leaf to encourage more flowers.
- Cut back herbs now to encourage a new flush of tasty leaves you can harvest before the frost.
- Trim any lavender plants after they've finished flowering to keep them compact.
- Take cuttings of your favourite tender perennials such as pelargoniums and fuchsia to propagate them for next year.
- Prune climbing roses and rambling roses once they've finished flowering (unless they're repeat-flowerers in which case leave them).
- Spray ground elder (and other perennial weeds) with a glyphosate-based weedkiller, the plants now have plenty of leaf surface area with which to absorb it.



In the Vegetable Garden

- Water sweetcorn plants regularly and feed with tomato food to get the best cobs.
- Apply a high-potash fertiliser such as tomato food once fruits start to form on peppers, cucumber and aubergine plants.
- Continue to feed tomato plants with tomato food and remove lower leaves to help with air circulation and prevent disease. Pinch out the top of tomato plants to concentrate the growth into the fruit that has already formed. Aim to leave five or six trusses of fruit per plant.
- Pinch out the tips of your runner bean plants once they reach the top of their support. This encourages side-shooting and more beans at a manageable height for picking.
- Spring-sown carrots and beetroot will be ready to harvest now although they can be left in the ground to keep growing.
- Continue to harvest second early potatoes now — perfect for salads!
- Start harvesting your main crop potatoes as the leaves yellow and die back. Store your potatoes in hessian sacks which exclude light but allow ventilation.
- Sweetcorn is ready to harvest when you can pop a corn with your thumbnail and the juices are milky.
- Lift and dry onions, shallots and garlic once the foliage has flopped over and yellowed. Store them in onion bags to prevent mould developing.
- Harvest French and runner beans little and often to prevent them from setting seed. Pick runner beans regularly to prevent them becoming stringy and to make room for developing pods. Leaving mature pods to set seed can prevent further flowers developing and reduce your crop.
- Keep harvesting courgettes before they become too big!
- Keep an eye out for potato and tomato blight and remove and destroy any affected plants immediately to prevent its spread.
- Check for cabbage white butterfly eggs under brassica and leafy green leaves and squash any that you find.
- Clear away any diseased and spent foliage around your veg plants to discourage pests and diseases spreading.

Other jobs

- Give hedges a final trim before they stop growing
- Don't worry if your lawn is looking brown, the autumn rains will soon make it green again.
- Use water butts as much as possible and water your containers and baskets well.
- Recycle your water - collect washing up water in a bucket outside for watering beds and lawns.
- Cut back the fruited canes of your summer raspberries, leaving the new green canes for next year's crop. Tie in next year's raspberry canes to support wires or fencing.
- Harvest your fruit trees - cherries, plums, peaches, nectarines, and apricots should all be ripe now! Early varieties of apple trees will be ready towards the end of the month.
- Plant out any rooted runners of strawberries for a good crop next year.
- Remember to feed your lemon tree (and other citrus fruit trees) throughout summer with a special citrus fertiliser.
- Use boiling water as a weed killer on your paved areas. Weeds wilt and die within a few days.
- Keep bird baths topped up in hot weather.

News from the Allotment

The harvesting is moving on apace and the onion, shallot and garlic plants have all been lifted and are being dried, ready for storage. The early potatoes have been particularly good this year and are ready for digging. The main crop plants are dying off now and will soon be ready.

The French beans are producing an abundant crop and the runner beans are setting well. The mangetouts have also been prolific. Early sown carrots and beetroots are ready for pulling. The two new crops grown this year, pumpkins and patty pan squashes, have also done very well. More leaks have been planted out where the potatoes have been harvested and regular weeding is still necessary.

Take care and enjoy your gardening.

Groups and Societies

Many local groups are preparing to re-start after the enforced shut down caused by the pandemic.

Over the coming months we will be featuring news and features on a variety of village groups in both our report and coming events section.

WE are looking to improve and expand our groups and societies section. If you would like your organisation to be featured in Hethersett Herald please contact the editor via e-mail at petersteward@lineone.net.

Reports of events and meetings can also be sent to the above email address.

The deadline for copy is the 15th of each month. Hethersett Herald is published on or around the first day of each month via the web site

www.hethersettherald.weebly.com

Announcement of publication is also made on social media platforms including Facebook, Twitter and Next Door. You can also be notified via e-mail.

If you enjoy reading Hethersett Herald please pass details on.

Please Get In Touch

If you have any stories or information you would like to see in the Hethersett Herald, please get in touch with us. You can find the contact details elsewhere in this edition.

Groups Re-starting

First Steps Playgroup

First Steps Playgroup will be restarting from Tuesday 7th September in Hethersett Village Hall.

Hethersett Dementia Support Group

Hethersett Dementia Support Group will be starting again in September (see our article earlier in this edition for more details).

Groups Reports

Hethersett Mothers' Union

Hethersett Herald editor Peter Steward gave a talk to Hethersett Mothers' Union entitled "Heroes of Hethersett Part Two."

Previously in part one he had looked at a number of local heroes and part two focussed on a number of Hethersettians, many of which have been forgotten in the mists of time.

Litter Pick

A number of new faces joined regulars for the end of July village litter pick. A total of 33 volunteers turned up and 16 bags of rubbish were collected as organiser Geoff Dyett explained: '

"Thank you to the wonderful 33 volunteers who turned up for the litter pick. Sixteen bags of rubbish were collected and will be disposed of by Tesco Express (huge thanks). There were so many new faces and lots of children collecting too. Thank you again and look out for posters which will advertise our next pick which is likely to be in early September."

Where Are The Best Deals?

ONCE again this month we looked at petrol prices with our survey taken on the last day of

Herald Petrol Watch

July. Our aim is to compare garages within easy driving distances of Hethersett to let you know where the best value is.

Prices have continued to rise sharply during the month now that the summer holiday season is with us. Prices have leapt up between 3p and 5p. It's annoying as always to have to report that the two garages at Wymondham (Waitrose and Abbeygate) and Thickthorn Services continue to be considerably more expensive than some of the other garages.

Each month we will be using the eight garages listed below to show how prices have increased or decreased over the past month. The best value petrol and diesel is highlighted in red.

There may be even better value if you go slightly further afield and please note that these prices were checked around the middle of the month but may have changed further before publication.

Once again our advice if you want the best deals is shop around and avoid paying inflated petrol and diesel prices. You could save yourself hundreds of pounds over a year and that's a lot of additional motoring

	Unleaded	Change	Diesel	Change
Asda Hall Road, Norwich	131.7	+5p	132.7	+5p
Tesco Express, Earlham Road, Norwich	132.9	+5p	133.9	+4p
Sainsbury's Queen's Road Norwich	131.9	+5p	132.9	+5p
Tesco Harford Bridges, Norwich	131.9	+4p	132.9	+3p
Sainsbury's Longwater, Norwich	131.9	+4p	132.9	+3p
Abbeygate Wymondham	138.9	+3p	139.9	+3p
Waitrose Wymondham	138.9	+2p	139.9	+2p
Thickthorn Services, Hethersett	141.9	+5p	143.9	+4p

Where To Eat In Hethersett

Church Farm Shop and Tea Rooms -

Norwich Road (B1172). Telephone 01603 814151

Open Mondays to Saturdays 9 am to 5 pm. Closed on Sundays.

Janey's Village Café -

32A Mill Road. Telephone 01603 811234. e-mail - janeyd11@yahoo.co.uk.

Janey's is open from 9 am Wednesdays to Sundays inclusive.

Hethersett Queen's Head -

12 Norwich Road. Telephone 01603 810226.

Food served Monday to Thursday 11.45 am to 2 pm (lunch) and 6-8.30 pm (evening meal). Friday and Saturday 11.45 am to 2.15 pm and 5.30 to 9.30 pm. Sunday carvery sittings at midday and 2 pm. Evening meals 5 to 8.30 pm.

Park Farm Hotel

On the B1172 at Hethersett. NR9 3DL. Telephone 01603 810264. e-mail enq@parkfarm-hotel.co.uk.

Park Farm is a luxury country hotel with spa and fitness facilities and a number of places to eat throughout the day. For more information visit their website at <https://www.parkfarm-hotel.co.uk>.

Café Kin

Rowan House, Queen's Road, Hethersett.

Café Kin is part of the Rowan House Health and Well Being complex on Queen's Road. Food and coffee served during certain days. From July 26th opening hours will be Wednesday to Friday 8 am to 2 pm, Saturday 9 am to 1.30 pm. The café will be closed Sunday, Monday and Tuesday. It will also be closed between August 30th and September 4th for staff holidays.

Hethersett King's Head

Norwich Road. The venue has re-opened with food served every day including Sunday lunch.

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You will also find a variety of eating outlets close to the Thickthorn Services area off the B1172. These are technically in Hethersett, although they are two miles from the village centre.

Outlets include Burger King, Subway and McDonalds and there is also a petrol

Hethersett Herald What's On

The following are just some of the regular events taking place in Hethersett. If you have an event you would like to see featured in Hethersett Herald, please send details including its date, time and venue to the following email address: petersteward@lineone.net

Please note that many of these events will not be taking place at present due to Coronavirus. We have decided to keep this page active in order to inform residents of what is available to them once the epidemic is over. Clubs that we know have re-started have their details printed in red.

Hethersett Croquet Club meets on the Memorial Playing Field from 2.30 pm on Wednesday and Saturdays during the summer.

Hethersett Methodist Church Art and Craft Group meets in the Methodist Church Hall from 10 am on Wednesdays. Further details available from Tina Greenhalgh on 01603 810364.

Hethersett Table Tennis Club meets in Hethersett Methodist Church Hall from 7 pm on Fridays.

Hethersett Methodist Church Shoppers' Coffee takes place on Saturdays from 10.30 am until midday.

First Steps pre-school Group meets in Hethersett Village Hall on Tuesdays from 10 am during school term time.

The Heart of Hethersett Bereavement Group meets in the lounge of Woodcote Sheltered Housing complex from 5.30 to 6.30 pm on alternate Tuesdays. All welcome, light refreshments available free of charge.

Hethersett Dementia Support Group's monthly café takes place in Hethersett Methodist Church Hall from 10 am until midday every third Tuesday. There is also a social morning meeting on the first Tuesday of each month from 10 until 11.30 am.

Hethersett Short Mat Bowls Club plays two sessions each week in Hethersett Village Hall. The first is on Tuesday afternoons from 2.15 pm for a 2.30 pm start and the second is on Friday evenings at 7.15 pm for a 7.30 pm start.

Hethersett Memorial Playing Field Bowls Club meets on Wednesdays and Saturdays from 2 pm.

Hethersett Parish Council's Environmental Action Team

LITTER PICK



Early September—
Date to Follow

Meet at the Village Hall,
equipment provided. Please wear
sensible footwear. All welcome!
(under 18's must be accompanied by an
adult)

Hethersett Herald What's On

FRIENDS OF HETHERSETT V.C PRIMARY SCHOOL SUPER SUMMER RAFFLE

- 2 x £25 Cash prizes
- 12 large bags of Kettle Crisps
- £10 Farmer Barns butchers voucher
- £20 Notcutts voucher
- £10 Myhill's voucher
- £150 Quasar party voucher
- Little priory cupcakes
- Free hair cut at Shed7
- Feed the giraffes experience for four people at Banham Zoo
- Afternoon tea at Janey's Cafe
- £20 Hodge Podge voucher
- 2 x Memories to treasure Portrait vouchers
- £15 of Avon products from Avon with Terri
- £10 Hidden Beauty voucher
- 4 x Bottle's of wine
- £10 The Hethersett Butchers voucher
- A voucher for a family of 4 to walk an alpaca With Wymondham Alpacas
- £10 Wymondham garden centre voucher

RAFFLE TO BE DRAWN ON SATURDAY 18TH SEPTEMBER

TICKETS AVAILABLE TO PURCHASE AT:
[HTTPS://WWW.JUMBLEBEE.CO.UK/FRIENDSOFHETHERSETT VCPRIMARYSCHOOLSUNDERSUMMERRAFFLE](https://www.jumblebee.co.uk/friendsofhethersettvcprimaryschoolsundersummerraffle)

£5 FOR 10 TICKETS

GOOD LUCK!

Hethersett Social Club Opening Hours

THE latest list of opening hours for Hethersett Social Club are as follows:

Monday—Closed

Tuesday, Wednesday and Thursday—7-11 pm

Friday—5-11.30 pm

Saturday—3 pm until midnight

Sunday midday to 6 pm.

The venue has returned to bar service and the wearing of face masks is optional

Hethersett Herald What's On



Kin
C A F E

**Summer holiday opening hours
from 26th July**

Wednesday to Friday 8am - 2pm

Saturday 9am - 1:30pm

Sunday, Monday, Tuesday CLOSED

**Kin Cafe will be CLOSED between the
30th of August and the 4th of
September due to staff holidays**

IF you have any stories, information or photographs you would like to see appearing in Hethersett Herald please send them to the editor Peter Steward at petersteward@lineone.net.

We are happy to publish articles about the village and also articles of a more general nature written by Hethersett residents.

Hethersett Herald

HETHERSETT Herald is published electronically towards the end of each month via the Hethersett Village web site at

www.hethersettherald.weebly.com

Hethersett Herald is a non profit making and independent publication providing news, views and information about Hethersett. It has no affiliation to any specific group, organisation or political party. Views expressed in Hethersett Herald are those of individual authors and not necessarily the views of the volunteers or the editor.

Information, reports and photographs are always welcome. These can be e-mailed to petersteward@lineone.net. Everyone who works or contributes to Hethersett Herald does so on a voluntary and unpaid basis. We are happy to hear from anyone who would like to help us increase and improve our coverage of village life.

Herald Team

Editor - Peter Steward—petersteward@lineone.net

Associate Editors - Roger Morgan and Hannah Baldry.

Regular Columnists - Sarah Lawrence and John Head.

Proof Editor - Gary Wyatt.

Thank you to everyone that has contributed to this edition of Hethersett Herald. If you have enjoyed reading this e-magazine please pass on details to friends and relatives so that we can increase our readership.

To contact us e-mail petersteward@lineone.net.